

SINGAPORE

# FHM



SPRING CLEAN  
YOUR LIFE  
(LIKE A BOSS)



WAYS TO  
SURVIVE SEA  
DISASTERS

SINGAPORE'S BEST-SELLING  
JULY 2015 \$6.00

S\$6.00



*Exclusive*

NARELLE &  
SANDRA  
(THE SAM WILLOWS)

## the Music issue

UNSUITABLE  
FOR THE  
YOUNG

THE PRODIGY ★ WOMEN OF LOCAL MUSIC ★ TAKE TWO



KINOHIMITSU

# POWER SHOT FOR MEN



Stamina &  
Endurance

Muscle  
Strength

Blood  
Circulation

Sperm  
Quality

IMPROVE

Liver  
Health

Sexual  
Health

Prostate  
Health

Immune  
System

SUPPORT

NO ADDITIVES HACCP GMP SGS CERTIFIED NO HORMONES NO DRUGS



sg.kinohimitsu.com

Kinohimitsu Singapore

Kinohimitsusg

Available at all leading pharmacies, departmental stores & retailers.



# CONTENTS 07/15



She's got it **p06**



Be prepared for the big one **p12**



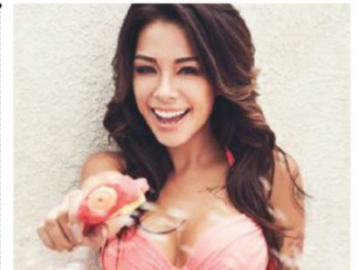
Cool feet **p16**

**Spoiler Alert!**

LOOK AWAY NOW IF YOU DON'T WANT TO KNOW WHAT'S IN THE ISSUE.



Look as good as they sing **p42**



One for the album **p60**



Famous five **p86**



The Gunners are here **p88**

## ACCESS

### 06 TALENT

Kimberlin Cheng hopes to travel the world. Before she does, we got her to show us her sensual side.

### 10 COUNTDOWN

Topless calendars... and eight other things no man should have in his house.

### 12 EXPERT

Professional tips from a former marine on how to survive different types of sea disasters.

## GEAR

### 14 OPENER

Wear your shoes like leading Hollywood men.

### 16 SNEAKERS SPECIAL

Your essential guide to the year's hottest trainers.

### 23 MUSIC MAKER

The best store for guitars.

### 24 GROOMING

Products to keep your hair shiny and clean.

### 34 HARDWARE

Stay super-productive with the right gadgets.

## FEATURES

### 42 COVER GIRLS

Sandra and Narelle of The Sam Willows like you've never seen them before.

### 54 MANIC DANCE PREACHER

Face to face with electronic music's biggest punk, Keith Flint.

### 76 GIRL POWER

The women who matter in local music.

### 70 POP PHENOM

Who is man they call Emin Agalarov? Hint: He's not a football player.

## FILTER

### 86 DVD

Time to join da Club — *The Breakfast Club*.

### 87 BOOKS

Kiddie book for grown ups.

### 88 MEN

The staying power of celebrity legends.

### 88 SPORTS

Football fever.

### 90 ONLINE

YouTube sensation.

### 91 MUSIC

Everybody Take Two!





nightlife **One Fantasy**



# The Night is Still Young

---

START THE PARTY EARLY AT THIS AWESOME CLUB.

---

The struggle: it's been a rough Tuesday at work and you're already itching to let loose — but the weekend is still miles away. The 600-seat-capacity "live" performance arena One Fantasy is a concept that's part watering hole and part nightclub, set to the soundtrack of its high-energy resident band. It's a combination of affordable drinks, raving dance floor and solid tunes

(rock & roll, Mandopop, K-pop), all happening Mondays to Fridays, with doors opening at 6pm and happy hours till 9pm. We're totally skipping dinner in favour of this place. Partying early also means sleeping on time and still making that board meeting tomorrow morning. So raise your glass because your weeknights are about to get a whole lot more exciting.

*One Fantasy is located at #01-02 Central Mall, 5 Magazine Road. Call 8383-6513 for reservation or more information.*





# ONE FANTASY

**DARTS : POOL : LIVE PERFORMANCES**



**& POOL - 6.00pm onwards**  
**MAIN CLUB OPENS - 7.00pm onwards**  
**ROCK & ROLL - 8.00pm**  
**KPOP performance - 8.45pm**



**ZEUS BAND**



**CRUSH**

**SINGERS**

**For Reservations : 8383 6513 (Ekin)**  
**[www.facebook.com/ONEFantasySG](http://www.facebook.com/ONEFantasySG)**  
**5 magazine Rd., Central Mall, #01-02, sg 059571**



# EVERYTHING A MAN NEEDS. AND MORE.



## #201

NARELLE WEARS CARRY-OVER LEATHER JACKET, BY OFF-WHITE AT SALON BY SURRENDER. BRALET AND FAUX LEATHER SHORTS, MODEL'S OWN. SANDRA WEARS RIPPED SHORTS, BY TOPSHOP. GEOMETRIC BRALET AND ACCESSORIES, MODEL'S OWN. ART DIRECTION: PYRON TAN. PHOTOGRAPHY: JOEL LOW. PHOTOGRAPHY ASSISTANCE: ALFIE PAN. STYLING ASSISTANT: KEEFE TAN. HAIR: GREGO ON USING LOREAL PROFESSIONAL TECHNIQUE. ART. MAKEUP: ELAIN LIM, USING NARS COSMETICS.

### EDITOR'S LETTER...

Air, Alice in Chains, The Avalanches, The Beatles, Beyond, Billie Holiday, Black Sabbath, Breakbot, Brian Culbertson, C2C, The Carpenters, The Clash, Concave, Corrinne May, David Bowie, Darkside, Delerium, Dick Lee, Dimitri From Paris, Earth Wind & Fire, Eminem, Enigma, Europe, Faith No More, Flosstradamus, Flume, Force Vomit, Frank Sinatra, Gingerbread, Gojira, Heritage, Humpback Oak, Infected Mushroom, Jamiroquai, Jeff Buckley, Jeremy Monteiro, Jimi Hendrix, John Coltrane, Joy Division, Kraftwerk, Linkin Park, Mastodon, Max Sedgley, Megadeth, Metallica, Mew, Miles Davis, Milo & Otis, Muse, Nan Vernon, Nat King Cole, Nina Simone, The Oddfellows, Opeth, Opposition Party, The Padres, Pantera, Pendulum, Placebo, Portishead, The Postal Service, Quincy Jones, Radiohead, The Ramones, Richard Marx, Ronin, S.E.N.S, The Sex Pistols, Sigur Ros, Soundgarden, Stevie Wonder, Stompin' Ground, The Stoned Revivals, The Strokes, Tokyo Police Club, Tokyo Square, Tycho, The Used, Washed Out, Watchmen, White Lion, Zeds Dead, Zircon Lounge.

Enjoy (re)discovering the acts mentioned above — with our "Music Issue" in hand, of course.

**Dennis Yin, Editor**



**Managing Director** Jessie Sng  
**VP, Business Development & Operations** Lesley Ngai

#### Editorial

**Editor** Dennis Yin  
**Writers** Janine Lee, Timothy Wee  
**Assistant Editorial Admin Manager** Farlinzah Mahmood

#### Art Desk

**Art Director** Alvin Leow  
**Senior Designer** Pyron Tan

#### Creative Services

**Editor** Michelle Bong  
**Senior Writer** Chin Chih Lin  
**Senior Designers** Karen Chng, Lindy Tay

#### Photography

**Chief Photographer** Aik Chen  
**Executive Photographer** Ealbert Ho  
**Senior Photographer** Kelvin Chia  
**Photographers** Hong Chee Yan, Mark Lee

#### Contributors

Cheryl Tay, FHM UK, Avenue, Mannequin, Looque, Diva Models, Upfront and Eleganz.

#### Advertising

**Head, Group Sales & Marketing** Irene Lim  
**Vice President** Stephanie Tay  
**Assistant Vice President** Derek Tan  
**Senior Account Directors** Priscilla Lim, Sarin Wee, Xylia Lim  
**Account Director** Celine Sim  
**Senior Account Manager** Tan Mui Kian  
**Account Managers** Jamie Low Yaw Ling, Mandee Tan, Porter Christopher Andre, Wee Ping  
**Associate Account Managers** Christine Lin, Tsai Wen Jun  
**Senior Admin Executive** Tristan Phua  
**Admin Executive** Elaina Poh

#### Ad Admin

**Vice President** Angela Chia  
**Senior Manager** Anne Hong  
**Assistant Manager** Brenda Chong  
**Executive** Eileen Khng

#### Brands & Partnerships

**Assistant Marketing Manager** Celine Tan  
**Marketing Executive** Chong Lilin

#### Events

**Senior Promotions Executives** Anson Lim, Wilson Tan

#### Circulation

**Senior Managers** Claire Sze, Elizabeth Low

#### Production

**Manager** Garis Chua

#### For enquiries:

**Editorial**  
**E-mail:** info@fhm.com.sg; Fax: 6254-5116  
**MediaCorp Advertising Enquiry:** 6333-9888 or MAE@mediacorp.com.sg  
**Subscription:** 6357-5001 or mpbsubhelp@mediacorp.com.sg

#### FHM INTERNATIONAL NETWORK

**International Publisher** Gareth Cherriman  
**International Content Executive** Kam Sekhon

Singapore FHM is published by MediaCorp Pte Ltd, Caldecott Broadcast Centre, Andrew Road, Singapore 299939, under licence from Bauer Consumer Media Ltd. MCI (P) 045/11/2014. Copyright © is held by the publisher. All rights reserved. Reproduction in whole or in part without permission is prohibited. Distributed by MediaCorp Pte Ltd. Printed by timesprinters, www.timesprinters.com. Prepress managed by timesprinters. MediaCorp Pte Ltd also publishes I-WEEKLY, 8 DAYS, STYLE; STYLE: MEN, STYLE: WEDDINGS, HIGH, TIMEPIECES, MANJA, IHEALTH, HEALTH WEEKLY, BABYCARE BOOK, and MOTHER & BABY under licence from Bauer Consumer Media Ltd, ELLE SINGAPORE under licence from Hachette Filipacchi Presse S.A.



**GET IN  
TOUCH!**

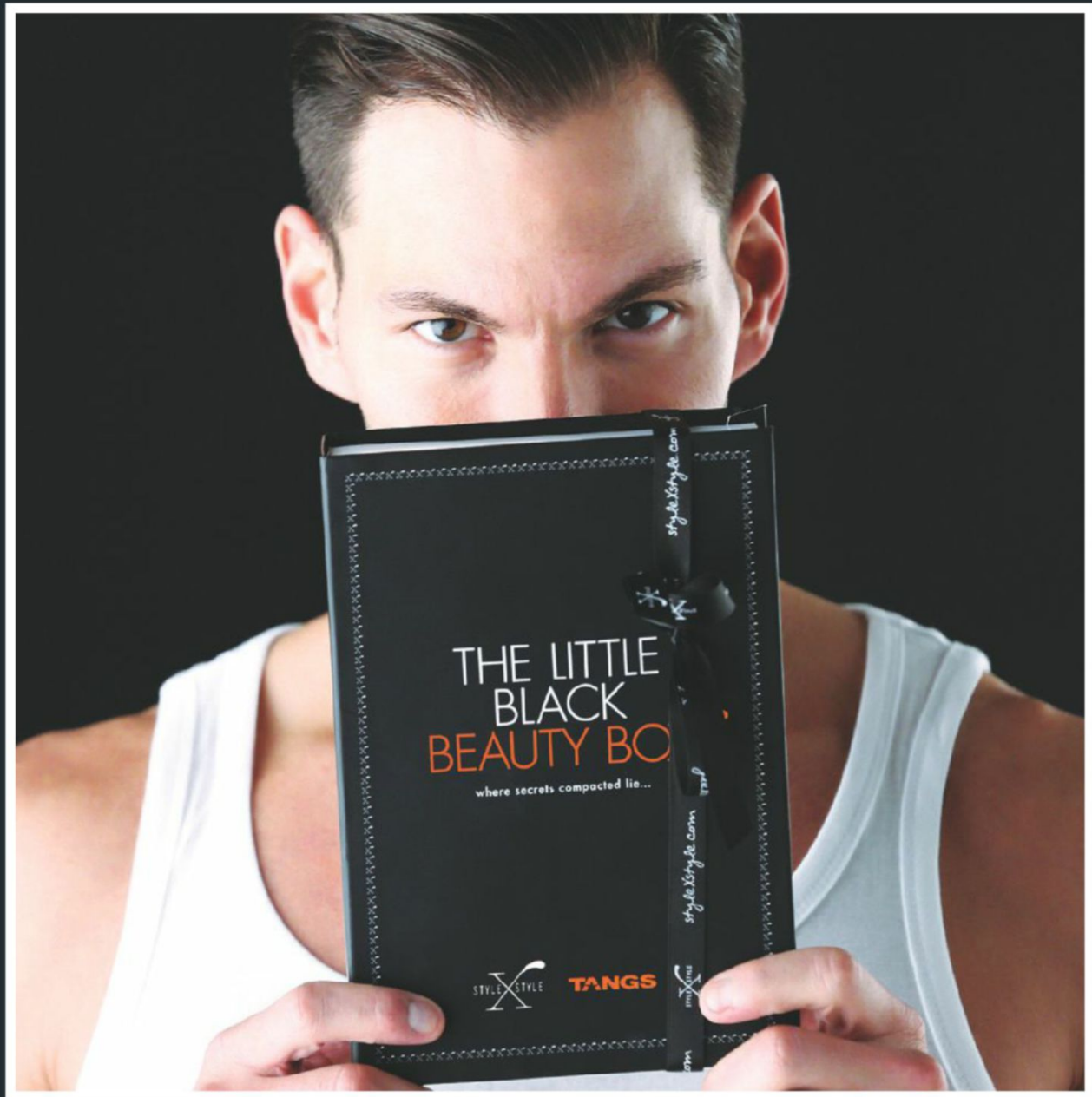
**info@fhm.com.sg**  
**@FHMSingapore**

**facebook/FHMSingapore**  
**@FHMSingapore**



# Discover the secrets of beauty with **THE LITTLE BLACK BEAUTY BOX**

Beauty gurus know that good things come in small packages.



Men! It's time to pamper your loved ones. Get the ultimate beauty indulgence, hand-delivered right to your doorstep, courtesy of styleXstyle and TANGS. Being beautiful has never been so easy. Find out more at [www.stylexstyle.com](http://www.stylexstyle.com).

\*Terms & conditions apply.



# ACCESS

**IT'S  
GREAT  
TO BE  
A MAN**

WHO'S  
SHE?

**Name:**

Kimberlin Cheng

**Age:** 20

**Nationally:**

Singaporean

**Likes:** Freedom.

**Dislikes:** Insects.

**Instagram:**

@kimberlincheng

**Twitter:**

@kimberlinsmiles

MAKEUP: HONGLING/9455-8681  
USING MAKE UP FOR EVER; HAIR:  
GABY TAN/BYGABYTAN.COM.







# I BELIEVE I CAN FLY

She might be only 20 years old, but polytechnic graduate Kimberlin Cheng is all ready to spread her wings and fly the coop.

Words **Timothy Wee** Art direction **Pyron Tan** Photography **Kelvin Chia** Styling **Arthur Tan**



**Y**ou've just graduated with a diploma in hospitality and tourism management. What's next?

I hope to become an air stewardess.

**What is it about flying that draws you to the profession?**

My mum and several of my aunties — and uncles included — were ex-flight attendants. Hence the interest.

**You're currently working in the airport. Do you know where the best make-out spots are?**

I'm always late for work. [Laughs] I don't really have time to find out about such things. But the view from some of the toilets is pretty good. You can have an overview of the runway and planes! You can try going there at midnight when there's nobody around. At your own risk, of course.

**Are you a wanderlust kind of girl?**

I don't know if I enjoy travelling; I just want to be out of the country. But because I'm bad with maps and directions, I know I'm going to get lost, for sure. But it's nice to see the world.

**What sort of guys do you go for?**

I like inked guys. My boyfriend is covered with tattoos. Oh, they have to be caring and fun, too.

**Why inked men?**

Growing up, I was always told to stay away from tattooed men. But now that I'm grown up, why not?

**You were crowned Miss Popularity in the 2013 Miss Singapore World pageant. What is it about you that makes you a popular person?**

I don't know. Perhaps I'm an ugly duckling story come true? Everyone loves rooting for the underdog.

**What's your best quality?**

I'm a playful person who doesn't take things too seriously. Generally, I tend to laugh things off whenever I'm angry. So I keep things free and easy. But sometimes, it can be a bad thing.

**Tell us your most sensual dream.**

I dreamt about roleplaying in the bedroom. But I've yet to try it. Maybe soon?

**What's the craziest thing that you've done at a music festival?**

I sat on a stranger's shoulders at Zoukout. He approached me and I thought he was joking considering I'm not the lightest person around. I've seen it in music videos, but it was the first time I've actually done it.

**Was that the highlight of that Zoukout experience?**

I lost my T-shirt after using the toilet. I don't remember how. Thankfully, I had a bikini underneath. I walked around in my bikini the entire night. **FHM**





**“I DREAMT  
ABOUT  
ROLE-PLAYING  
IN THE  
BEDROOM.  
BUT I’VE  
YET TO TRY  
IT. MAYBE  
SOON?”**

BRA, BY TRIUMPH.  
SHORTS, BY AEROPOSTALE.

OPPOSITE: BRA, BY TRIUMPH.  
CARDIGAN, BY AEROPOSTALE.

# WEIRD WORLD

## 9 THINGS NO MAN SHOULD HAVE IN HIS HOUSE.



### 09 A PET TARANTULA

Jizz, look at the thing... Is that tank sealed? Are you sure? Because if movies have taught us anything, it's that having any form of arachnid, reptile or creepy crawlie in your house will inevitably come back and bite you on the butt. Quite literally. At 3am. In your bed...

### 08

#### A microwave

What kind of person has ever used a plastic radioactive box to flame-grill a wedge of cow or beat the hell out of an egg? There are some things a microwave just can't be used for, and knowing your way around the kitchen feeds the most primal of urges to cook something with your hands. Even if it's inedible, at least blood, sweat and tears went into making it.

### 07

#### Any Now That's What I Call Music album

The lights are dimmed, you're on the leather couch with your lady friend, finally about to lean in for that long-awaited smooch... then Lou Bega's *Mambo No 5* kicks in, dousing out the nascent flames of desire. The lesson? Have a taste in music, any taste in music. It might not be everyone's cuppa, but it'll save you from an iPhone-shuffle shame.

### 06

#### Topless calendars

You're not Howard Stern or Wong Jing circa 1998. You're also not the sort of bloke who tells women on the bus to "cheer up" or pinches bottoms in public. So ditch the '90s lads'-mag poster and put a nice print on your wall instead.

### 05

#### Your ex's possessions

Pull yourself together, man. Is having the odd glance at her Instagram feed acceptable? Yes. Is pulling out an old hair brush of hers for a nightly sniff as you wear a pair of her tights and weep into your pillow a normal thing to do? Absolutely not. Get it all down to the recycling bin.

### 04

#### Alcohol-free beer

Being able to down 12 cans of 6.6% Pilsnershitter certainly doesn't make you any more of a ruddy dude, and nor does scoffing at sobriety. Our main beef with sans-alcohol hooch is that it tastes like wet, eggy dog farts. When there's so much beautiful craft beer about, it's a sin to put this teetotal shit in your fridge.

### 03

#### Old university drinking props

Chugging out of a vuvuzela was ace during World Cup season. In 2010. But it's 2015 and you're all

sophisticated now, with your platinum card and your sensible haircut. The only thing you should need for a good time these days is a little LSD. (That stands for a "Lovely Scotch to Drink").

### 02

#### Novelty pants, socks and ties

With the exception of Christmas Day — and assuming even then you're wearing them against your will — novelty undercrackers do wonders for pissing on your masculinity and maturity. Anyone who has "sex machine" plastered on their boxers is almost certainly lining themselves up to be a middle-aged manchild.

### 01

#### A mankini

Men are inevitably judged by potential suitors on their humour, so if yours is still reliant on gags from 2006, then you've probably got a bit of work to do. You can always claim that screaming "Wassssap!" down the phone was an ironic thing, but that's only going to wash once. Ditch the fluorescent ball hammock and throw away your Ali G skull cap. Right now. **FHM**



#### Erratum

The name of this hot model, as featured on *FHM* 200 (June issue), is Jessica Liu — not Donminique Nguyen.





# BEAT THE BELLY BLUES

Unlock and incinerate your stubborn belly fat now.

Urban Homme offers a comprehensive yet non-confusing selection of grooming solutions, developed to cater to the unique skincare and body-sculpting needs of today's men. It uses the latest clinically proven aesthetic technology to give you the results you want.

## THREE-STEP BELLY TONING TREATMENT DESCRIPTION:

### Step 1: Coffee Drainage Therapy (60 mins/UP \$185)

An invigorating treatment with exfoliating cappu body polish and thermal jacket for effective detoxification and reduction in water retention.

### Step 2: Bio-electric Abdominal Sculpting (45 mins/UP \$280)

Combines vibrating massage, rotating ultrasound and micro-electro therapy for thrice the body-sculpting action and result.

### Step 3: Beer Belly Trimming (45 mins/UP \$185)

Beat beer belly woes with this unique treatment that promises to help you lose that paunch effectively. Belly area is toned with vibrating massage technique using state-of-the-art equipment.

[www.urbanhommeformen.com](http://www.urbanhommeformen.com)

[www.facebook.com/UrbanHommeForMen](https://www.facebook.com/UrbanHommeForMen)



**FHM IS GIVING AWAY  
7 SETS OF THREE-  
STEP BELLY TONING  
PROGRAMME (EACH  
WORTH \$650).**

**To win, answer the following:**  
The Urban Homme's Three-Step  
Belly Toning Programme is worth  
\$650 each.  
**True or False?**

E-mail your answer, name, NRIC,  
age, mobile number and occupation  
to [fhm\\_promo@mediacorp.com.sg](mailto:fhm_promo@mediacorp.com.sg).  
Type **"JULY PROMO URBAN  
HOMME"** in the subject header.

**Closing Date:** 15 July 2015.  
Winners will be notified by e-mail  
or SMS.

**Terms & Conditions:** ■ MediaCorp employees and their immediate family members are not eligible for this promotion. ■ We reserve the right not to award prizes to any participant who has won any prizes from MediaCorp in the past six months. ■ Participants who have entered more than one contest in this issue shall be entitled to win only one contest. ■ MediaCorp Pte Ltd reserves the right to use entrants' information for future promotions and to amend the terms and conditions without prior notification. ■ Prizes are non-transferable and non-exchangeable for cash or any other services. ■ The service cannot be combined with other ongoing promotions by Urban Homme. ■ Only 18 years of age and above are qualified for this contest. ■ Participants may send only one e-mail entry per contest. Multiple entries will not be accepted. ■ Winners will be chosen from correct entries on a first-come-first-served basis. ■ Winners will be notified via e-mail by MediaCorp Pte Ltd.

**urban homme™**  
Face and Body Studio For Men

**FHM**



# SURVIVE THE KILLERS OF THE SEA

Shirk sharks, dodge jellyfish and save your breath — here's how to be the savviest skipper on the waves.

**F**rom exploring underwater caves to discovering lost shipwrecks, former marine-turned-explorer and British TV presenter Andy Torbet is one of the toughest men *FHM* has ever met. This is his guide to avoiding a watery grave...

01

## YOU GET THE FULL JAWS TREATMENT FROM A SHARK

"Statistically, more people are killed by fridges every year than sharks. That said, people do get attacked. Those most at risk are swimmers on the surface; divers are usually fine as sharks attack from beneath. If you're attacked, hit it. Go for sensitive areas like its gills, snout or eyes. But if it wounds you, you'll likely bleed out in minutes. Your priority is to get to shore as quickly as possible before that happens."

02

## YOU SWIM INTO A POOL OF DIRTY SEA POLLUTION

"The sea is actually quite clean. The really polluted places are usually rivers and lakes, which could give you nasty illnesses like the hantavirus disease (spread by rat faeces). Your best bet is to avoid water that looks like a toilet if you don't want a dodgy stomach, and get immediate medical attention and antibiotics if you do get stuck."

03

## YOU'RE DIVING AND YOU RUN OUT OF OXYGEN

"In shallow water, you could just swim to the surface. Exhale as you surface to avoid your lungs expanding and ultimately exploding. If you're diving deep, then you're in a bit of bother and will likely die of decompression illness on the way up. The solution is to not run out of f\*\*king gas. It's that simple. Professional divers always bring multiple supplies of oxygen with them."



**04**  
**YOUR SURFING IS RUINED WHEN YOU'RE CAUGHT IN A RIP TIDE**

"A rip tide is a sudden current that goes straight out from the shore. It pulls you out rather than under the water, which can drown you. Your best option is to swim parallel to the beach. You'll still get pulled out by the current (for about 100m) but it'll reduce the distance somewhat. So just wait it out till it's over to return to the beach."

**05**  
**YOU'RE SWIMMING IN A LIGHTNING STORM**

"If lightning did strike the sea next to you, it could kill you. Depending how close you are to the strike point, the electricity can travel anything up to a few hundred metres. That said, electricity travels more efficiently across a surface. It will go down but it'll meet more resistance, so it won't go as far. Your best bet is to get out of the water. Just don't shelter under something stupid like a tree..."

**06**  
**YOU'RE STUNG BY JELLYFISH**

"Most jellyfish species are not life threatening and it's little more than a bee sting type of pain. ... There are more dangerous varieties like the Portuguese man o' war, but most adults would survive the sting. What you shouldn't do is pee on the sting. That does nothing other than leave you covered in pee. You're better off using ice to soothe the pain, then using hot water to break down the poison."

**07**  
**YOUR PLANE HAS CRASHED INTO THE SEA**

"Your chances are dependent on your location. In the Arctic Ocean, it's so cold you'll be dead in 30 mins — and that's if you survive your initial contact with the water. Many victims drown from the convulsions caused by the cold. In warm water, you could last anything from hours to days. Your main threats are exhaustion, exposure to the sun and the wildlife. You could survive maybe a day. Best to make a swim for it or make yourself visible by staying near wreckage and hoping for rescue. Neither are great." **FHM**

**5**  
**MOST TERRIFYING MYTHICAL SEA BEASTS**



**01 SEA BISHOP**

A sea monster that looked like a bishop and would cry salty tears when caught. On being set free, it would sing with glee, do the sign of the cross and plunge into the sea.

**Allegedly found:**  
Poland

**02 EACH-UISGE**

Shapeshifting spirits. They'd leap out of the sea and transform into demon horses or handsome men and lure people to their deaths before tearing out their livers.

**Allegedly found:**  
Scotland

**03 FINFOLK**

Depressed sorcerers that lived under the sea, occasionally coming to shore to steal people and make them their wives for all eternity. Basically, Papa Lazarou from *The League of Gentlemen*.

**Allegedly found:** Orkney

**04 KRAKEN**

The granddaddy of all sea monsters, the perpetually pissed-off Kraken is a giant octopus capable of crushing a ship with its tentacles and devouring it with its creepy beak mouth.

**Allegedly found:** Norway

**05 CHARYBDIS**

A great big horrible creature cursed with an insatiable thirst, causing it to drink the sea three times a day, thus causing ship-eating whirlpools.

**Allegedly found:** Italy



# GEAR



## THE SMART SNEAKER

STYLE WORN BY:  
KIT HARRINGTON



Pristine white shoes are where it's at. Go for an all-leather lace-up without a ton of branding, and you've got the smartest sneakers known to man.

*Trousers, by Mishka NYC.  
Trainers, by Lacoste.*

## THE WORKER BOOT

STYLE WORN BY:  
RYAN GOSLING



Your staple everyday boot has arrived, so say "hello" to these guys right here. The perfect balance of all-American craft and timeless style makes them our winners.

*Chinos, from Topman.  
Shoes, by Redwing.*

## THE DRESS BOOT

STYLE WORN BY:  
ROBERT PATTINSON



Also known as the Chelsea boot, these suede beauties are officially lady magnets. Throw on some dark-blue jeans and a checked shirt for a killer combo.

*Jeans, from Topman.  
Boots, from River Island.*

# THE SHOES OF LE





### THE STATEMENT BROGUE

STYLE WORN BY:  
JACK O'CONNELL



Petrol-style, rainbow-sheened patent shoes are big news. Get ahead of the trend and bust them out now with a simple pair of smart blue trousers.

*Trousers, from newlook.co.uk.  
Brogues, from office.co.uk.*

### THE TASSEL LOAFER

STYLE WORN BY:  
GEORGE CLOONEY



Tailoring of any kind will go down a treat. Only the slickest of shoes will complement your sartorial look, earning you tons of style cred.

*Trousers, from newlook.co.uk.  
Shoes, by Russell & Bromley.*

### THE MONK STRAP

STYLE WORN BY:  
MATTHEW MCCONAUGHEY



Going straight to a date from your office desk? You'll want a pair of kicks that suit both situations. These leather monk strap shoes are perfect for all occasions.

*Trousers, from newlook.co.uk.  
Shoes, by Dune London.*

PHOTOS: TPG IMAGES/OLICK PHOTOS

# ADING MEN

Put your best foot forward with the dapper footwear fit for a movie star...

# **FHM'S ANNUAL TRAINER** *Spectacular* **2015**

The must-have brands, freshest trends and most exciting collaborations for the season.





**TREND #1**  
**PRINTED**  
**STEEZ**

There's a fine line with statement shoes — you can either be screaming for more attention than you deserve, or you can team them with a simple yet stylish outfit for an effortlessly on-trend look. A printed pair of trainers is just the answer.

**Le Coq Sportif R 1400 Flowers**

Floral trainers?! We can practically hear you recoiling in disbelief. But give these beauts a chance. With flashes of old-school Hawaiian shirt-style print, it's a brave move that will definitely pay off.

[lecoqsportif.com](http://lecoqsportif.com)

**THE BEST OF THE REST**

**Ransom Strata**

Whatever your summer beverage-consuming activity, this feather printed set of sneaks will see you through till bed.

[urbanoutfitters.com](http://urbanoutfitters.com)



**Clarks Originals Trigenic Flex**

The term "wearing in" doesn't apply when it comes to Clarks. They provide long-lasting cushioning and an instant foot hug.

[clarks.com](http://clarks.com)



**Stone Island Basketball Sneakers**

Guaranteed to withstand numerous romps through the outdoor terrain and maybe even a few festival bashings.

[stoneisland.co.uk](http://stoneisland.co.uk)





## TREND #2

## TENNIS WHITES

Summer means one thing: All-white everything. Crisp white kicks come round year after year for a reason — they're a timeless classic that always look shit hot.

**Gola Harrier 68**

The 110-year-old brand Gola have been around so long that we'd trust them with just about anything, and when it comes to providing us with a credible pair of tennis whites, they exceed expectations.

[gola.co.uk](http://gola.co.uk)

## THE BEST OF THE REST

**Ellesse Anzia**

With the likes of Boris Becker swearing by the Italian heritage brand, these plimsolls won't fall apart when they hit the astro.

[ellesse.com](http://ellesse.com)

**K-Swiss SI-18 International**

The label that brought you the original court shoe has added some '90s style to its notorious Gstaad classic.

[kswiss.com](http://kswiss.com)

**Boxfresh Spencer Leather**

A set of all-white sneakers will get the office go-ahead if they're low-tops, leather and have as little logoing as possible.

[boxfresh.com](http://boxfresh.com)





### Nike SB Blazer Low GT

Inspired by the insights from skateboarder Grant Taylor, this suede style is a step up from the '70s hoops classics. As well as looking dope, they'll last the impact of a kick flip that you didn't land.

[nike.com](http://nike.com)

### TREND #3

## SKATE SHOES

On the days where you give absolutely zero f\*\*ks about what you're wearing, the skate shoes always seem to slip on your feet. Luckily, they go with pretty much everything in your wardrobe and look rad.

### THE BEST OF THE REST

#### Adidas Busenitz

The result of an ongoing collab with Dennis Busenitz, these kicks are topped with suede and have recessed eyelets.

[adidas.com](http://adidas.com)



#### Supra Ellington

Even skate shoes that properly do the job can still be stylish. Camel hues are big this season.

[www.suprafootwear.com](http://www.suprafootwear.com)



#### Puma Uber Suede

Everyone from Jason Derulo to tiny infants rep these classics. They look dapper with stone-coloured chinos on date night.

[puma.com](http://puma.com)





## TREND #4

## JUST DROPPED

Collabs aren't just for sneakerheads who know their gum sole from their tread outsole. Every man is invited into the cool club of collaborations. You can almost guarantee that each pairing will look kickass with your staple chino shorts.

**Saucony Originals x Play Cloths Grid 9000 – Motocross**

Saucony Originals are serial collaborators and its Play Cloths turn their look to a Saucony style we all know and love. Drawing inspo from the off-road racing circuit, they have nylon rip-stop materials and a classic motocross colourway.

*oki-ni.com*

## THE BEST OF THE REST

**Reebok Ventilator OG x Kendrick Lamar**

The king out of Compton puts his name and brain to the infamous ventilator style.

*reebok.com*

**Adidas Originals x KTZ x Clot Men's Superstar 80S 84-LAB**

Adidas have teamed up with designers KTZ for a new take on Adi's Superstars

*oki-ni.com*

**Vault by Vans x Taka Hayashi OG Classic Slip-on 59 LX**

Vans premium label Vault and artist Taka Hayashi spawned these sweet kicks.

*vans.com*





**TREND #5**  
**TECHY TRACK**  
**RUNNERS**

As soon as the sun has got his hat on, you'll be lacing up those kicks, out the door and doing laps round the park quicker than you can say "daytime drinking". So make sure you don't fall victim to the classic "nerd" tech trainer and add some style pep to your step.

**Nike Free 5.0**

Nike's go-to running shoe has some oomph behind its stature. It's the brand's most cushioned, natural ride with an engineered upper layer and an 8mm offset. Basically, a cuddle in a tech trainer.

[nike.com](http://nike.com)

**THE BEST OF THE REST**

**Reebok ZPump Fusion**

Not just for running (though their pump technology is enough to blow any man's mind). Throw on with some black jeans.

[reebok.com](http://reebok.com)



**Asics 33-FA**

Swearing so much trying to shove your gym kit in your bag that your neighbour thinks you're a psychopath? Chill – these Asics fold.

[asics.com.sg](http://asics.com.sg)



**New Balance Fresh Foam**

These mega comfy creps are the perfect mix between New Balance's techy and trendy styles.

[newbalance.com.sg](http://newbalance.com.sg)





## TREND #6

BLOCK  
COLOURS

When Kanye West dropped the Air Yeezy Octobers in all red, the sneaker world were sent into a frenzy.

One shoe, all one colour – how could this be? Well, thank the trainer lords, as the high street have now tapped into the trend and you too can be cool like Kanye.

Adidas x Pharrell Supercolor  
Bright Orange

Last year, Adidas Stan Smiths were reigning champions of the trainer world. This year, pop legend Pharrell Williams has put his spin on a Superstar – creating a range of shell toes is 50 different block colours.

[adidas.com](http://adidas.com)

## THE BEST OF THE REST

## Ransom Field Lite

No-one wants sweaty old trotters. With a mesh-fused upper layer, Ransom's Field Lites are the hot month's must-haves.

[urbanoutfitters.com](http://urbanoutfitters.com)



## Converse Hi Rubber

These all-red-everything hi-tops virtually work as wellies and look fricking well good.

[converse.com](http://converse.com)



## Nike Blazer Mid Metric QS

If you're feeling brave, team with a suit a la Tinie Tempah. If you're not, chuck 'em on with jeans and a turn-up. **FHM**

[nike.com](http://nike.com)







GET PERSONAL

# MUSIC SPACE

The “by appointment only” Swee Lee Bukit Timah Showroom is the absolute store for all your six-stringed needs and then some.

Like a playground for melody makers, Swee Lee’s sixth outlet here is an expansive two-storey boutique with a dazzling selection of premium guitars, keyboards and other musical instruments. But unlike a typical playground where anything goes, this intimate space is “by appointment only” — only because the Swee Lee folks are

music lovers themselves, so they know what it’s like to shop for your axe in privacy. Along with attentive one-on-one service, you are assured of the best shopping experience money cannot buy.

Located at 142 Bukit Timah Road. E-mail [byappointmentonly@sweelee.com.sg](mailto:byappointmentonly@sweelee.com.sg).

THIS BLACK BEAUTY IS A  
GIBSON B.B. KING  
LUCILLE, \$5,199.





## GROOMING

# MANE EVENT

Everything you need to clean, treat and maintain your crowning glory.



## 01 SVENSON BIO PROTEIN PRE-SHAMPOO, 250ML, \$60

Designed to enhance the benefits of your shampoo and conditioner, adding this step into your shower routine deeply cleanses and detoxifies hair, removing excess oiliness. Massage into unwashed scalp and leave for 2 minutes before rinsing.

## 02 HAIRPRO HEAT ACTIVE SHAMPOO, 520ML, \$15.90

Heat activates the NanoRepair-El, an ingredient that delivers restorative and protective benefits, in this shampoo, resulting in smoother and shinier hair even with heat styling and blow-drying.

## 03 BILLY JEALOUSY SLUSH FUND STYLING MUD, 20Z, \$29

This mattifying versatile clay pomade with an elastic texture keeps hair in place without rigidity. The added lanolin wax moisturises and protects hair while castor seed oil hydrates and adds shine and texture.





**04 POETREE UNE OLIVE EN PROVENCE 2-IN-1 SHAMPOO & SHOWER GEL, 500ML, \$48**

Use up less space in the shower and save a few extra bucks with this shampoo that doubles up as a shower gel. Enriched with the moisturising properties of olive oil to add a healthy glow to hair and skin.



**05 L'OREAL PARIS OLEO THERAPY OIL INFUSED CONDITIONER, 230ML, \$15.90**

This conditioner, infused with six flower oils, provides deep nutrition and restores lustre to even the most dull, damaged hair. Apply after shampooing, and work through the lengths of your hair without rubbing into scalp.

## MAGIC TOUCH

This easy three-step head massage by haircare expert, Svenson, relieves tension and increases circulation to facilitate better absorption of haircare products.



### STEP 1

Place two fingers on each point of your scalp, a little above your temples and massage in a slow circular motion (10 circles). The pressure should be strong and yet comfortable. After the 10th circulation, press the points harder for five seconds before releasing.



### STEP 2

Move further back on the head, place two fingers on each point and massage in the same slow circular motion (10 circles). After the 10th circulation, press the points harder for approximately five seconds before releasing.



### STEP 3

Use one hand to support the forehead and two fingers on the other hand to massage in an anticlockwise circular motion, with the same technique and pressure as the previous steps. After that, repeat step 2 and then step 1 to complete the head massage.



GEAR

# SUITABLE PROJECT

BLAZERS AREN'T JUST FOR FORMAL OCCASIONS.

AMP UP YOUR RESORT STYLE WITH A SMARTLY CUT PIECE.

Photography **Fabio Lorenzo** Styling **Randolph Tan**

LIGHTWEIGHT BLAZER, BY SCOTCH  
& SODA. PATCHED TROUSERS, BY  
MCQ AT CLUB219.

PHOTOGRAPHY ASSISTANT: AJENG  
AND UPIQ. STYLING ASSISTANT:  
MELISSA CHEONG. GROOMING:  
SHA SHAMSI USING MAC  
COSMETICS AND SEBASTIAN  
PROFESSIONAL. MODEL: ROBSON  
BUCHELE/TIME MODEL INT.  
LOCATION: HACIENDA BALI AND  
VILLA NATALIE.







GEAR



MARBLE JACQUARD JACKET, BY  
DEBONEIRE. PANEL DETAILED  
PANTS, BY COS.

OPPOSITE: SUIT, TURTLENECK  
TEE AND SANDALS, BOTH  
BY COS.









CHIC BLAZER, BY SCOTCH &  
SODA. COTTON SHIRT AND  
SHORTS, BY CLUB MONACO.













VELVET JACKET AND WOOL  
BLEND TROUSERS, BOTH BY  
DEBONEIRE. SHIRT, BY COS.

OPPOSITE: DOUBLE-BREASTED  
BLAZER AND FLORIAN BLANC  
TROUSERS, BOTH BY DEBONEIRE.  
COTTON TEE, BY SCOTCH & SODA.



## HARDWARE

# GET YOUR ACT TOGETHER

We're halfway through 2015. Time to start putting into place all those resolutions you came up with in January. Spring clean your life with *FHM's* guide to being super productive...




Aside from causing the usual insomnia, irritability and headaches, too much caffeine makes hard workers slack off, according to a 2009 study by the University of British Columbia.

Keep the amount of devices on your desk to a minimum to avoid pointless procrastination.

Take some proper time out for lunch. Eating at your desk means you take less actual breaks and never really stop working, increasing fatigue and stress.





If your desk is stuck in a dark corner, consider a desk lamp to raise your cortisol levels and keep you working at your peak.

Make sure your to-do list is legible so you can keep track of it – not scrawled and scribbled or covered in doodles.

One or two cups of coffee is good, but don't exceed more than four a day. Instead drink more water.

Hide the face of your phone while you're working to resist the urge to check it. Better still, stick it in a drawer.

STATIONARY, FROM A SELECTION AT MUJI, MUJI.EU, NAC WALNUT DESK TOP, HABITAT, HABITAT.CO.UK



# 01 GO HYBRID

• The idea is simple. One device that fits any situation — home, office, meetings. The problem is, it's never as portable as a tablet or as powerful as a laptop. Times have changed. Slick hybrid tablets such as Microsoft's Surface Pro 3 is also a fully functional computer. It has more juice than most desktop machines, a detachable keyboard and zero reliance on flimsy apps that don't work as well as their full-size versions. And, spec for spec, it's cheaper than an iPad. Your dice, Apple.



## 02 BLOCK IT OUT

• There's a reason lots of CEOs aim to work from home at least one day a week, and it's not so that they can sit around in their PJs. It's to eliminate distraction. Offices are loud places and it's important to cut yourself off occasionally. For most, it's not really feasible to work from a quaint Tiong Bahru cafe, but a good alternative is drowning out your colleagues and inbox with some noise-cancelling headphones.



## 03 WAKE UP TO A WORKOUT

How does Richard Branson stay so annoyingly energetic and positive all the time? He gets out of bed early and hits the gym before work. It seems counter-intuitive but exercising early increases your energy for the rest of the day. A 2008 study from the University of Bristol found that workers who did some morning exercise took 25 per cent less unscheduled breaks than those who didn't. Stop hitting the snooze button and go for a run.



## 04 GET OLD-SCHOOL ORGANISED

Sure, there are a million gadgets that'll keep your day in order with minimal effort, but nothing's more satisfying than holding a diary and pretending you're Don Draper. It doesn't need a Wi-Fi signal, it won't beep at awkward moments and you can just stick it in a drawer rather than procrastinating over it all day. And you'll look dead important with it tucked under your arm.



## 05 EMPTY YOUR POCKETS

Nobody has ever looked at a man with pockets bulging like the eyes of a bullfrog, fishing out three years' worth of receipts and points-redemption cards whenever he pays for anything, and thought, "That's who I want to hire." Clean up your man purse and slim it down so you're carrying the bare essentials. You'll feel more organised and on top of things and, as an added bonus, you'll look better in slimmer trousers.





## 06 DON'T OVERHEAT

Working in a sweatbox distracts you. It makes you want to curl up into a foetal position and snooze away like you're in an office-shaped womb. Control your stress fever with a quiet office fan that has enough settings to keep your temperature consistent.



## 07 SORT YOUR SOUNDTRACK

Listening to music you love releases dopamine in your brain, the neurotransmitter that regulates pleasure. Ordinarily this fills you with positive energy, but at work it makes you easily distracted. The key is listening to something that's still pleasant, but that you're unfamiliar with. Enter streaming website Focus@will. Working with UCLA neuroscientists, it curates playlists that work with your brain's limbic system to put you into a hard-working, happy trance — boosting your attention span by around 400 per cent.



# 08 DODGE THE COFFEE ROUND

• We waste approximately four days a year making brews at work. What's more, most of them aren't even for you — they're the drinks of your piggybacking colleagues jumping on your round. Take the upper hand and get a desktop coffee machine. If you're really clever, you could even make a small profit charging your workmates for using it...



# 09 CLEAN WHILE YOU WORK

• When most of your week is spent earning your keep, the last thing anybody wants to do is head home and start cleaning. Luckily we live in a world where actual robots exist that'll do it for you — sentient beings that exist only to serve you and your filthy floors. The unsupervised Scooba will scrub and mop your home into face-reflecting greatness. Sure, there's the chance it could eventually evolve and attempt to kill you in your sleep, but look how cute his little flashing, spinning face thing is...





# 10 STOP CLOCK WATCHING

• Staring at a clock and begging it to jump forward means you don't want to be at your desk and puts you in a negative mindset. The Click Clock puts time out of sight and out of mind by hiding its face unless prompted by a snap of the fingers — at which the small cube will spring to life like a time-conscious wooden butler.



## 12 STAY CHARGED

Our smartphones may have evolved to levels previously only seen in sci-fi films but their batteries definitely haven't. One of the largest complaints about our mobile devices is lack of charge when we need it most, causing us to miss e-mails, calls, texts and that crucial Tinder match. Portable energy reserves such as the ultra-thin Monster PowerCard carries enough juice to charge your phone for an extra five hours — and it's slim enough to carry in your wallet.



## 13 GET CONNECTED

If you travel a lot for work, you've probably been hit by the woes of expensive and hard-to-find Wi-Fi connections. The MiFi dock is a wireless WiFi signal, so you can jump online anywhere without having to worry about the security risk of some hacker going all North Korea on your ass because you're using ropey public connection.



## 14 TURN YOUR WRIST SENTIENT

The concept of yet another smart device might seem ludicrous, but it could seriously boost your productivity. Having a wrist tuned into all your important updates lets you check what's important quickly and prioritise what you need to act on, without relying on distracting dual screening.



# 11 GET LIT

• When you constantly sit under basement-like office lighting, your cortisol levels drop, forcing your energy to plummet and, as a knock-on effect, increasing stress. Try to sit near a window for natural light, or get a decent desk lamp with a dimmer switch you can adjust throughout the day.





# MAKE YOUR SMARTPHONE SMARTER WITH THESE SUPER APPS

ALL FOR **FREE**

## MAKE TIME FOR BAD HABITS

Organise your time so you're able to do what you need and what you want. Simply tap in your workload and all the stuff you probably shouldn't do and Timeful will suggest timeframes for each. Like having your own PA.

## THE ULTIMATE PRODUCTIVITY APP

Evernote is the most comprehensive note and file management app available. Evernote lets you type, record, take pictures, grab web pages, annotate images, set up to-do lists and everything in between — and then orders it in an easy and intuitive format before syncing across all your other devices. It's a computer in an app.

## KEEP SOME JUICE

Avoid the pain of watching your phone battery drain into oblivion right before your eyes. Battery Doctor estimates your current battery life and tells you how to make it last longer based on how you're using your phone — from how many YouTube videos you can watch to how much your emails are killing power.

## GET A FORT KNOX-WORTHY PASSWORD

1Password generates complex, unhackable passwords for everything you use, then lets you create a universal password of your choice to unlock them.

## HAVE A ZERO INBOX POLICY

In danger of being crushed by a toppling tower of unread e-mails? Mailbox helps you blast through them by either trashing messages or archiving them to be read at a time of your choice, when they'll be re-sent to you.

## GOOGLE-ISE YOUR CONTACTS

Humin has completely revolutionised the way you'll look at your address book. Rather than scrolling through alphabetical lists, you search by moments. Want to find someone you met last week? Type "met last week". Your buddy who sells cupcakes? Search for that.

## OPEN ANYTHING

Don't get stuck with an e-mail attachment you can't open. It sounds basic, it even sounds a little bit dull, but the GoodReader app will make life easier when you least expect it.

## SCAN ANYTHING

Turn your phone into a high-quality document scanner. TinyScan turns whatever you aim it at into an easy email-ready PDF. Just point and click, then choose whether you want a full colour or greyscale scan.

## BE A PLANE SPOTTER

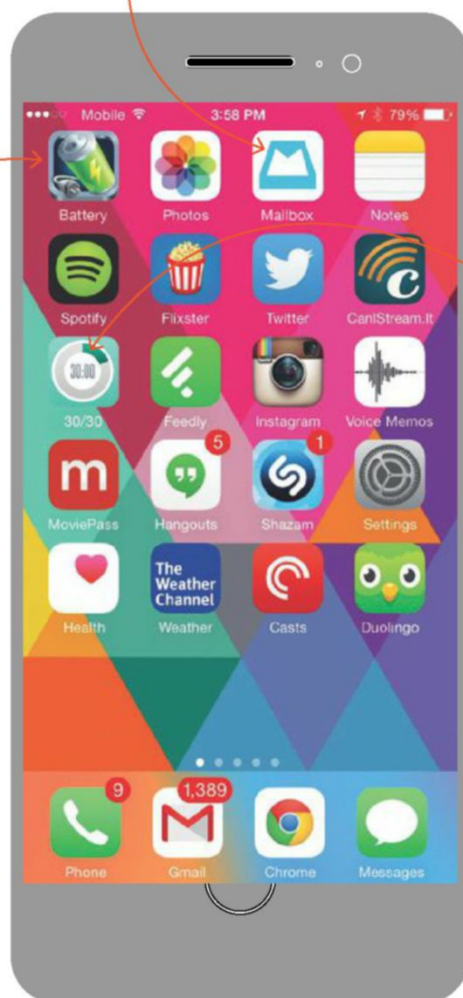
Flying somewhere? Get "live" updates on your plane and how long it'll take to arrive through Plane Finder. Not flying anywhere? Simply point it at the sky and get an update of what's flying above you. Unless you're a globe-trotting James Bond character, you won't need it on a daily basis, but you'll find it weirdly addictive...

## STREAMLINE YOUR TIME

The key to serious success isn't working extra hours, it's learning how to get more from less. 30/30 helps you skyrocket productivity with a time-based task manager that works like a stopwatch, managing expectations and gamifying your workload.

## GET MULTILINGUAL

Along with the usual type and translate, Google Translate has an augmented-reality option, translating foreign words you point your camera at. It's probably one of the most magical things you'll ever see. Never struggle to order a beer abroad again.



## 5 THINGS YOU DIDN'T KNOW YOUR IPHONE COULD DO



### 01 MAKE SIRI YOUR MUSIC SCOUT

Want to know what song you're listening to without resorting to space-hogging apps like Shazam? Just ask Siri to 'name that tune'.

### 02 HIDE YOUR DODGY SELFIES

Avoid your own Fappening leak by selecting the dodgy snap and holding your thumb down on it. You'll get an option to 'hide' it that'll make it vanish from all main folders.

### 03 TURN YOUR COMPASS INTO A SPIRIT LEVEL

Load up the usual compass app and, once you've calibrated it, swipe right. The whole thing will turn into a highly accurate digital spirit level.

### 04 FIND A SPECIFIC WORD ON A WEB PAGE

Load the page you want in Safari and type the word you're looking for in the search bar. Before hitting search, you'll get a choice of Google Search or 'On This Page'. Choose the latter.

### 05 GO STEALTH

Ignore iMessages without anyone being tipped off that you've read them. Simply go to Settings > Messages > Send Read Receipts > Off. You're officially off the messenger grid.



## HARDWARE

# HUNGRY FOR SPEED

*Fast & Very Furious*

Drive at 1,600kmh across the desert — for no reason at all — on a Bloodhound Supersonic Car.



TOP SPEED:  
1,680KM/H.



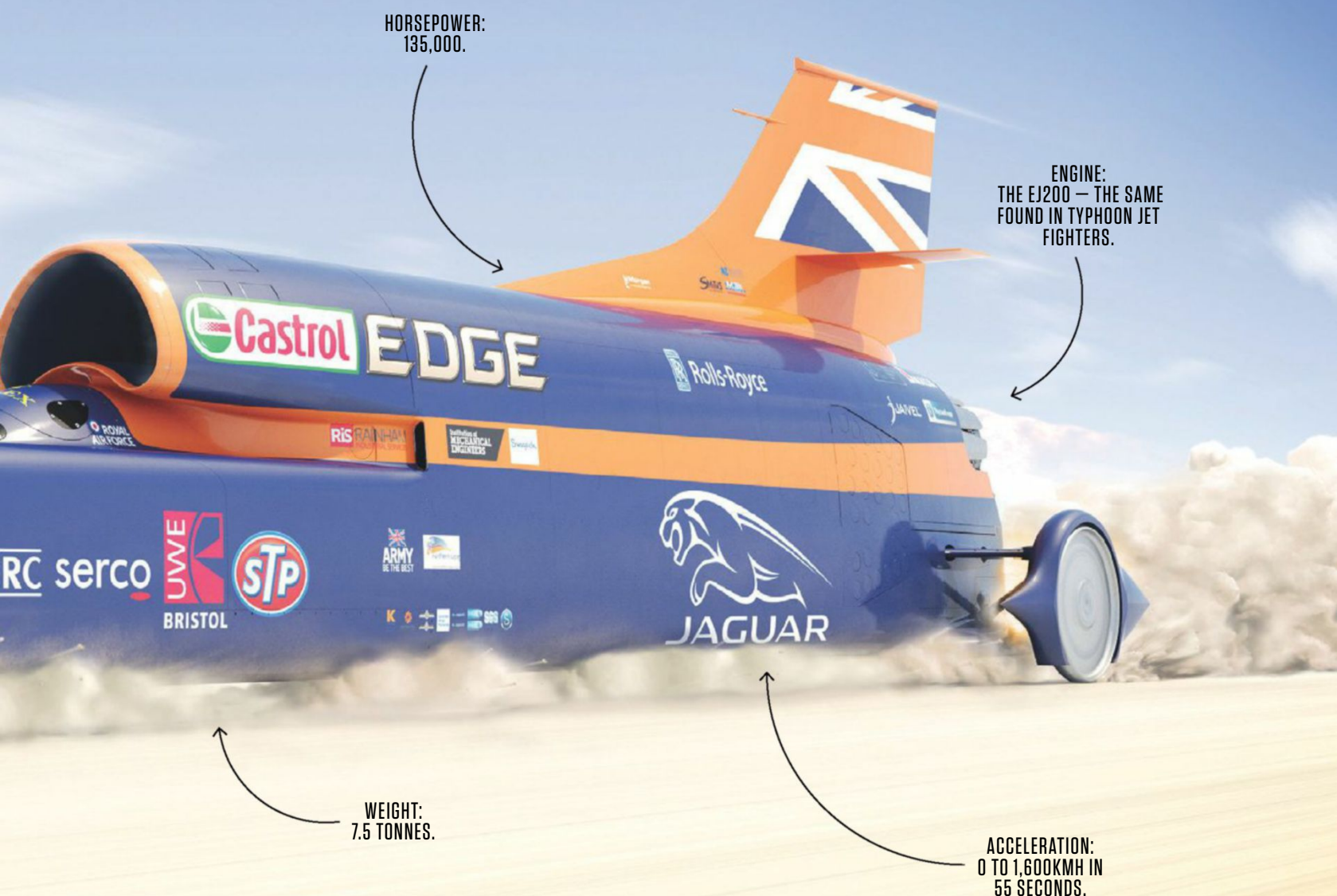
The brainchild of ex-Royal Air Force pilot Andy Green, the British-designed and British-built **Bloodhound SuperSonic Car** is set to crush the current land speed record of 1,227kmh. Ten thousand people are expected at the Hakskeen Pan in South Africa in August to watch Green break the sound barrier and world record in this brilliantly insane vehicle which — at top speed — travels faster than a bullet fired from a Magnum revolver. Green explains what the hell he thinks he's doing.

## How does it feel to go really, really fast?

Speed has no effect on the body, as anyone who has flown in an airliner will know. It's acceleration that you feel. In the Bloodhound, 2G acceleration and 3G deceleration (the equivalent of 60mph to zero in one second — don't try this







in the family car) is physically uncomfortable and highly disorienting, as the inner ear suffers from an effect called the “somatogravic illusion” which makes it very hard to concentrate.

#### **What would happen if mere mortals tried to drive Bloodhound through the desert?**

They would be unable to get it started. Even if they did, the ear-splitting noise and violent acceleration would overwhelm their senses, making it impossible to keep it straight when approaching 563kmh. At this point, the novice driver would also fail to fire the rocket, as the firing warm-up sequence needs to start about 30 seconds before going. Overall, it probably wouldn’t go well for them.

#### **What are the risks of going 1,600kmh?**

Extreme speed is not inherently dangerous, just very unforgiving of mistakes. The aerodynamics need to be

precisely balanced, the car needs to survive the huge loads on it, and the whole run needs to be precisely controlled to keep the car in a straight line and to stop it exactly 19km away, just 2 minutes after setting off.

#### **Just how powerful is the EJ200 engine?**

If we could chain the car down, wind the engine up to max and let it go, it would do 0-97kmh in less than three seconds — not bad for a seven-tonne vehicle. Of course, that’s only using the jet engine. If we add in the Nammo rocket as well, the 0-97 time would be just over one second.

#### **Why are you so addicted to speed?**

I’m not. My favourite sport is sailing. Bloodhound is not just about speed, it’s a chance to work with the world’s best engineers and the world’s best technology companies, to build the most remarkable straight-line racing car in history. **FHM**



THE SAM WILLOWS

# SONG SISTERS



Narelle Kheng and Sandra Riley Tang, female members of local indie-pop outfit The Sam Willows, are ready to rock our world.

Words **Timothy Wee** Art Direction **Pyron Tan**  
Photography **Joel Low** Styling **Randolph Tan**

ON NARELLE (RIGHT): COTTON SLEEVELESS SHIRT, BY MCQ AT CLUB21B. BOXER SHORTS, BY PUBLIC SCHOOL AT SALON BY SURRENDER. MAGNOLIA BRA, BY LA PEARLA.

ON SANDRA (FAR RIGHT): RIPPED DETAILED SHIRT, BY MAISON MARTIN MARGIELA. CROSS-STRAPPED LEATHER CLIP BRA, BY DSTN AT SALON BY SURRENDER. ACCESSORIES, MODEL'S OWN.

PHOTOGRAPHY ASSISTANCE: ALFIE PAN. STYLING ASSISTANT: KEEFE TAN. HAIR: GREGG OH USING LOREAL PROFESSIONAL. MAKEUP: ELAIN LIM USING NARS COSMETICS.









## THE SAM WILLOWS

WHO'S  
SHE?

**Name:**

Narelle Kheng

**Age:** 21

**Nationality:**

Singaporean

**Likes:**

Passionate people.

**Dislikes:** Fakers

**Twitter:**

@narellekheng

**Instagram:**

@narellekheng



WE TIP OUR HATS TO THE MANNER THE SAM WILLOWS HAS ESTABLISHED ITSELF AS SINGAPORE'S LEADING ENGLISH POP ACT. WITHIN A YEAR OF ITS FORMATION IN 2012, THE BAND HAS RELEASED AN EP AND TOURED SIX MUSIC FESTIVALS AND CONFERENCES.



**B**and mates Sandra Riley Tang, Narelle Kheng, Jonathan Chua and Benjamin Kheng also had a chance to work with Grammy-winning record producer, Steve Lillywhite (U2, The Killers) on the song *Glasshouse (Lillywhite Edition)*, which remains The Sam Willows' most-viewed YouTube video with over 175,000 views.

The band is showing no signs of slowing down. Besides dropping its latest single *Take Heart* in late May and an upcoming performance at the National Day Parade, the band etched its name in our music history as the first local band to perform at renowned music convention, Musexpo, as well as the only act to have three songs (four if you count Benjamin's solo number) on the official 2015 Sea Games album. With a new album out soon, the music world is theirs to conquer. *FHM* sits Narelle and Sandra down to get the inside scoop and be shamelessly serenaded to...

#### How did you get into music?

**Narelle Kheng (NK):** Music is something I really love. I've known Sandra since 14, about 8 years ago. We've been jamming with my brother, Benjamin. My family is musically inclined; my parents met in the choir and I grew up having jam sessions. Music has always been at the back of my mind and I'm happy to be living the dream.

**Sandra Riley Tang (SRT):** I grew up playing music in church. I played the organ as a kid but switched to piano. Along the way, I picked up singing. That's when I met Narelle and Benjamin, and we started jamming together. It started with YouTube covers and it kind of exploded. As a result, I took up new skills like percussion along the way.

**NK:** On stage, Sandra's the one who'll be playing different instruments and singing at the same time.

#### Remember your first mixtape?

**NK:** I can't but there are a couple of songs on it that keeps coming back to me, such as Counting Crows' *Accidentally in Love*. Then there were The Backstreet Boys and Westlife...

**SRT:** Narelle and I grew up listening to the same songs (mainly '90s pop) but she also listened to a lot of metal.

#### What do you do outside of the band?

**NK:** I'm still in school and will be starring in a Channel 5 drama and an Okto series. Everyone does a bit of acting and "influencer-type things", as well as spending time writing songs.

**SRT:** I've just opened my own yoga studio, The Yoga Co, and joined a stunt team; I'm going to be a stunt

double for a movie! I've also picked up mixed martial arts, acting on Channel 5, and might be involved in a musical.

**The Sam Willows' music has a hippie, folksy vibe to it. Do you ever feel restricted by the labelling?**

**SRT:** We've never written for a specific genre. The four of us are so different; we have our own music influences. When we released our EP, people couldn't place us into one genre. We couldn't either since we didn't write for any.

**NK:** Our direction has changed a lot for the new album. Change came about because of our individual musical progress and performing experience. With more "live" shows under our belt, we've realised it's fun to have a "pumpy" song that audience can clap to. As you perform, you'll find elements you like and put it in our new material. We don't feel restricted at all.

A LOT OF KIDS KEEP  
TELLING US THEY  
CAN'T AFFORD OR  
MAKE IT FOR OUR  
SHOWS, SO THE  
BEST WAY IS TO DO A  
SCHOOL TOUR.





BOMBAY BIKER JACKET, BY  
MAJE FROM NET-A-PORTER.  
COM. CROPPED SUNK TOP,  
BY MICHAEL LO SORDO AT  
SALON BY SURRENDER.  
RIPPED DENIM SHORTS,  
BY TOPSHOP.  
ANKLE BOOTS, BY H&M.

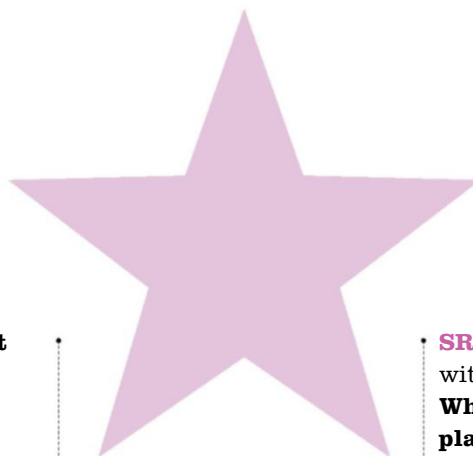




IT'S FUN TO HAVE A "PUMPY" SONG THAT THE  
AUDIENCE CAN CLAP ALONG TO.







WE'VE NEVER  
WRITTEN FOR  
A SPECIFIC  
GENRE... WHEN  
WE RELEASED  
OUR EP, PEOPLE  
COULDN'T  
PLACE US INTO  
ONE GENRE.  
WE COULDN'T  
EITHER.

**What is The Sam Willows' biggest contribution to Singapore's music scene so far?**

**SRT:** The very first time we felt a sense of Singaporean pride was when we went overseas for our first tour. We went to LA, Austin (SXSW) and Toronto (Canadian Music Week). There were many local artists before us who played at SXSW. But for such a young band like us, it's cool to be one of the few Singaporean bands there.

**NK:** After we played, people would come to us and ask how we learned English. That was when we told them more about Singapore... And we realised all we talked about were car prices and food.

**What sort of musician do you find sexy?**

**NK:** It's not about the instrument, but all about the person. I've seen bassists who are really sexy, like David Siow from local band, Take Two.

**SRT:** He's such a hipster bassist that he is the epitome of hipster.

**NK:** But growing up, I loved guitarists — so sexy!

**SRT:** There is a certain type of musician I go for. There's the drummer, acoustic guitarist and percussionist.

**Listing them in order of preference?**

**SRT:** This is going to sound so wrong, but they are good with their hands. They are rhythmically sound. I resonate a lot with rhythm. When you have rhythm, it's damn sexy.

**NK:** A bassist can go deeper, too!

**Who would you slap, sleep or marry: Marilyn Manson, Dick Lee and Charlie Lim?**

**NK:** Slap Dick, marry Charlie and sleep with Manson. Did you know the latter removed his ribs so he could suck himself off?

**SRT:** He creeps me out.

**NK:** Then you can marry Dick Lee—he's quite rich. [Laughs]

**SRT:** If I were to marry Dick, I'd sleep with Charlie and slap Manson.

**What's the craziest gig you've played in?**

**NK:** Last year's countdown show.

**SRT:** That wasn't crazy; shit just happens onstage. During the final rehearsal, we were supposed to spin and walk towards our microphones at the start of the song. But when we were spinning, Narelle held her bass higher than she should and it caught my eye. I blacked out for 3 seconds.

**NK:** The performance was being filmed. So, for three minutes, Sandra just went on singing and smiling. I could see actual tears... When we were done, she said it hurt when she blinked. She took out her contacts and there was only half a lens left! I must have really swung that bass.

**SRT:** If I weren't wearing lenses, my cornea would have been cut. Best part was no one would have guessed it from our performance.

**The band caused quite a stir when you visited a school earlier this year. Why school visits?**

**NK:** School invasions are fun! The one this year was part of the \*Scape Invasion Tour. We do it for our fans. A lot of kids keep telling us they can't afford or make it for our shows, so the best way is to do a school tour. If we want our fans to support us, we have to give them something to support. We also want to give hope to young aspiring musicians.

**Tell us something we don't know about you.**

**SRT:** I make really good pancakes and eggs. And I flip them really well.

**NK:** I'm terrified of mascots — even the Sea Games' mascot, Nila. **FHM**

MESH JACKET, BY JONATHAN SIMKHAI AT CLUB218. CROPPED SILK TOP, BY MICHAEL LO SORDO AT SALON BY SURRENDER. STUDDED HIGH-WAIST SHORTS, BY H&M. STUDDED HEELS, BY KURT GEIGER. ARM BANDS, STYLIST'S OWN.





WHO  
SHE?

**Name:**

Sandra Riley Tang

**Age:** 24

**Nationality:**

Singaporean

**Likes:**

Music; yoga; crossfit;  
MMA; food and art.

**Dislikes:** Clowns  
and ghost stories.

**Twitter:**

@sandraritytang

**Instagram:**

@sandraritytang



## THE SAM WILLOWS



LEATHER BRA TOP, BY T BY  
ALEXANDER WANG. DISTRESS  
BOYFRIEND JEANS, BY R13 AT  
SALON BY SURRENDER. BODY  
CHAIN, MODEL'S OWN.





I RESONATE A LOT WITH RHYTHM.  
WHEN YOU HAVE RHYTHM, IT'S DAMN SEXY.





## THE SAM WILLOWS



SAKURA EMBROIDERY MOTORCYCLE SKIRT AND JACKET, BOTH BY CHRISTIAN DADA AT SALON BY SURRENDER. FISHNET LEGGINGS, STYLIST'S OWN. LACED-UP BOOTIES HEEL, MODEL'S OWN. METALLIC JEM RING, BY ROBERTO CAVALLI. GUITAR, BY GIBSON FROM [WWW.SWEELEE.COM.SG](http://WWW.SWEELEE.COM.SG)

OPPOSITE: CROSS-STRAPPED LEATHER-CLIP BRA, BY DSTM AT SALON BY SURRENDER. RIPPED SKINNY JEANS, BY TOPSHOP. COTTON SHIRT, BY CONTROLLED COMMODITY. BAGGY LACED BOOTS, BY PALLADIUM BOOTS. ARM BANDS, STYLIST'S OWN.









MEET "MAD KEITH, THE ASYLUM  
ESCAPEE", FRESH OFF THE STAGE AT  
SONOSPHERE FESTIVAL.





**“TREAD  
CAREFULLY  
OR I WILL  
CUT YOU TO  
SHREDS”**

Not our words, Keith Flint's – The Prodigy frontman who, as we found out, won't stand for being called a firestarter\*.

\*(or you owe him \$10)

Words **Matt Blake** Photos © **Mike Van Cleven** and [instagram.com/keithflintofficial](https://www.instagram.com/keithflintofficial)



**T**here's a no-smoking sign on the wall of the London studio where we meet Keith Flint. Still, The Prodigy's pierced and punk-plumed wildman is rolling a fag. He crams a wad of Golden Virginia into a crumpled Rizla, licks it, lights it and takes a long, merciful drag.

"I f\*\*king hate this nanny state we live in right now," he exhales, filling the room with smoke. "It's like being back at school. I cannot be told what to do. As soon as I'm told not to, I will. It's the death of life, the nanny state. And it kills everything. It will turn us all into zombies."

We are talking about the controlling influences of the music industry. It was only while making The Prodigy's new album, *The Day is My Enemy*, that he says he had a staffing cull to kill the "maggots" feeding off the band.

"When you've got people telling you to do this and that, you can feel like meat," he blasts. "So I now only directly deal with [bandmates] Liam or Maxim. I've never had a personal manager; I've always looked after

**K**eith Flint has come to this interview dressed as Keith Flint. Apart from the shades, he's wearing a pork-pie hat and a blue-and-white-striped prison uniform shirt. A bolt bores through his upper ear and tattoos cover his arms and chest. He bursts with energy and ideas, pogoing between topics as they come into his head, and he swears like a trucker in a jackknife. He'll often call someone, or himself, a c\*\*t, apologise, then use the word again. Can one man really exude this much passion all the time? What happens when the music stops and the lights go up? Who is Keith Flint, really?

Born on 17 September 1969, Flint was raised in Braintree, Essex. He admits his wasn't a particularly happy childhood and his parents split when he was young. "I hated being at home so much that I'd go in for dinner — which was statutory — and if it wasn't ready for three minutes, I'd go out again and come back three minutes later."

**"I HAVE GROWN UP KNOWING NOBODY IS GOING TO LOOK AFTER ME, SO IF I DON'T, WHO IS?"**

myself. That's why I dress myself, that's why I speak for myself, and that's why I remain myself. I'm quite willing to f\*\*k things up for myself but I'm not going to have some c\*\*t do it for me. Not for something that's so precious. Would you let someone come into your family and tell you how it should be run? I never have, and right now, I'm using that history to be even more of a c\*\*t"

A conversation with Flint is not unlike one of his gigs. It is unpredictable, visceral, and raw. It can be angry at times, scary at others, but entrancing throughout. But he is not the four-letter lady-part he just singled out. Not today, anyway. In fact, he is rather charming and funny. Eloquent, too. And he laughs a lot.

"I am kind of a court jester meets asylum escapee," he says. "I sometimes describe myself as a hallway in a house: You think you're inside, but there's another door to the real me. I'll sit and wait like a predator and then I will cut you down. I will f\*\*king cut you down to the ground."

He seems to be looking us dead in the eye, though all we can see is our own reflection staring sheepishly back at us through his big, purple sunglasses.

At the age of 15, Flint was thrown out of school. "I was quite disruptive and out there," he remembers. "Then I found myself in a load of remedial classes being told how to use a ruler. But when they tested my IQ, they found out I was quite intelligent. Trouble is, I'm definitely on the spectrum somewhere — there's a dysfunctional side. That probably sounds like I'm trying to back up mad Flint — but if you want me to be honest with you, that's as honest as it gets."

Flint undertook various jobs as a butcher, a roofer and an investigative driller. But a thirst for adventure had infected his soul. So, in the summer of 1988, he left Essex to roam the Middle East and Africa.

"When I got back, someone was telling me about the acid-house rave scene and I thought, 'F\*\*king hell, you're talking about something with as much passion as I would be talking about hitchhiking to Israel.' I wanted a piece of that."

The spring of 1989 led him to an outdoor rave in Essex where little-known dance DJ Liam Howlett was playing. "I loved his music and boom, I was in," says Flint. "I was never the brains behind the band — that was always Liam. But together we were a complete



GETTING A TRIM BEFORE THE BIG SHOW AT SONOSPHERE.





package. It was the outlet I was looking for."

Music became Flint's medicine. "As a kid, I was always fighting to be who I was," he says. "Then suddenly, I no longer had to fight. I just was."

The early '90s saw The Prodigy burst from the chest of the underground rave scene like strobe-lit aliens on ecstasy. Melding breakbeat, jungle and hardcore into a bludgeoning wall of sound, its second album, *Music for the Jilted Generation*, spawned a jagged new genre of pop. Then, in 1997, *Fat of the Land* reached No 1 in the UK and US and they've topped the British album charts with every record since. They've got two Brits, three MTV VMAs, two *Kerrang!* Awards and five MTV Europe Music Awards. They've been nominated for two Grammys and today, they've sold more than 25 million records worldwide. Not that Flint cares.

"We never gave a f\*\*k about making money or what people thought," Flint says. "All we ever wanted was to play our music."

**B**andmates and flunkies have come and gone, but controversy has been a lifelong friend to The Prodigy. Over the years, they have been accused of everything from inciting arson (*Firestarter*) to condoning domestic violence (*Smack My Bitch Up*), leaving middle-England's papers and parents dry-heaving on the taste of their own outrage.

"I went out with a girl who was a bit lah-di-dah," Flint recalls. "She was cool and grounded but her mum one day opened *The Guardian* and there was a picture of me with green hair, draped over a monitor, dribbling – the full f\*\*king Monty Flinty. The headline was: 'What Would You do if Your Daughter Brought This Home?' Her parents f\*\*king hated me with a passion."

But as its currency in music grew, so too did the members' pay cheques – and their appetite for drug-addled abandon, though Flint says he rarely got high on stage.

"I did half a pill at Labyrinth (legendary East London venue) at our first proper gig and I thought my head was going to drop off. I realised I didn't need a false rush when on stage – it was already there."

Then, in the early 2000s, Howlett's creative flow – that had buoyed the band for so long – ran dry for the first time in 20 years with a bout of writer's block. No new material meant no gigs with which to sponge up Flint's rampant energy.

"Yeah, it was a dark period," he says. "I was drinking and taking too many drugs. The problem is, you've got shitloads of cash and shitloads of time and all you're looking for is a buzz. I did f\*\*k all really, apart from being a jerk." »



# "I AM KIND OF A COURT JESTER MEETS ASYLUM ESCAPEE"



**B**y the time Howlett finally found his mojo, Flint had unravelled. "I got to the point where I had to stop. I didn't want to be a jabbering wreck." But coastal walks and solitary Saturday nights in never much suited Keith. "I was heading for complete vanilla-ism," he says. "Being sober, my obsession became being fit and focused, but I like to leave the planet now and again. I decided to have the odd joint or a few beers to keep a bit of psychedelia in my life."

And here we are now, sitting with Flint in this London studio, five albums and 26 years since he and Howlett first met in that muddy Essex field — two lost boys drawn together by a shared love of hardcore and a burning problem with authority.

"I think Liam is the only person I've ever loved," says Flint, with genuine affection. "He and Maxim have actually taken time to get to know who I am. It's probably to do with not having a good family background. The band became my family."

We feel for a moment as if we're breaking through. But when we joke that we've made it inside the hallway of Flint's mind and can see he's left another door ajar, he flashes a faux glare. "Tread carefully or I will cut you to shreds," he bites, turning out that football-

hooligan snarl he employs on *Firestarter*. He's still smiling... but you never quite seem to know with Flint. We try a different tack. Something safe. Flint's other great obsession is motorcycle racing. He owns a race team and, at weekends, can often be found with wife Mayumi at a motorbike grand prix somewhere in Europe.

"It's about challenging your bravery and your balls," he says. It is a metaphor for life: If you don't go into a bend without that sharp intake of breath then you ain't going fast enough. The sooner you become aware that you're mortal, the sooner you start living."

Flint lives in his rural Essex mansion with Mayumi — a Japanese DJ who plays by the name Super Megabitch — and their nine dogs. He also owns a pub called the Leather Bottle in Pleshey, near his home. "We've got an open fire, and I've got about \$125 in a pint pot on the mantelpiece because every time I light it, the *Firestarter* jokes come out, and boom, I'm like, that's very funny, you owe me a dollar. The money goes in and then off to charity."

**A**s Flint approaches his 46th birthday, it's clear he's lost none of his edge. But does he ever feel trapped by his hell-raising reputation? Does he

tire of being the *Firestarter*? "When I go away, I'm always the *Firestarter*," he reflects. "I carry that everywhere I go. Nobody sees a musician... Oh, sorry, bigging myself up there. They just see me. [But] I am determined not to let The Prodigy overrun every aspect of my life so I can still live it."

We are nearing the end of our time together. While we've seen fleeting glimpses inside Flint's mind, we've only peeked into some of those back rooms that lurk behind the hallway. Some of them, we're not sure we even want to enter.

Suddenly, he tells us a story. "My dad," he says. "He was a c\*\*t. I had this mohawk as a kid and I remember he once dragged me up the hairdressers. But because there was only a strip of hair to cut, I ended up with a little quiff at the front and I looked like Tintin. The humiliation of going back to school with that was mental cruelty."

"[Years later] I saw Liam and the way that he put in with his father and I thought that maybe I hadn't made enough effort. I thought perhaps the downside of my childhood was a product of who I was." So, in a bid to "see what a family looked like," Flint reached out to his father one last time. "I opened that door and he let me down again,"





# KEITH'S LIFE ON INSTAGRAM

The story behind his uncaptioned – and often weird – pictures on @keithflintofficial



"When I took over the pub, I found this piece of rotting meat behind the fridge and it sums up how I felt by the time we finished the new album: Rotten inside. There were too many maggots trying to get their piece of The Prodigy"



"That's Cyrus and Bonnie. You can trust a dog more than you can trust a person because you know what they're about. When they f\*\*k up, you don't have to cuss and lift rolled-up newspapers. Respect them in a disappointed way – 'Ah, f\*\*k's sake, you've just eaten my phone,' and they're like, 'Yeah f\*\*king hell, sorry about that!'"



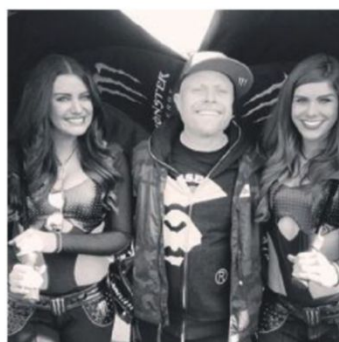
"Aside from music, my other great obsession is motorcycle racing. I own a race team, and this is James Rispoli, one of the riders in Team Traction Control. Racing's like life: If you don't go into a bend without that sharp intake of breath like you're going over a roller coaster, you ain't going fast enough."

says Flint. "So I rung him and said, 'You will never see me again. You will never speak to me again. And if I see you, I will beat you.' From that moment on, I was a man and I was free."

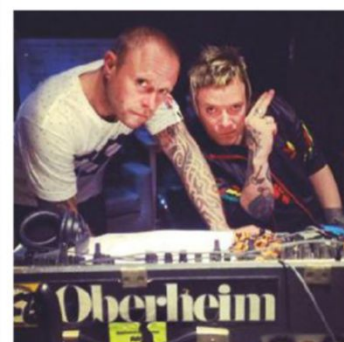
It would be easy to attribute his rage to a troubled childhood. And perhaps he has spent his life yelling back at some echo from his past. But now, free seems the word that best describes Keith Flint. He seems, more than most, to take life by the testicles and genuinely doesn't care what people think of him.

"I'm not saving up for anything," he says. "I'm cashing it all now. I've always had this thing inside me that, when I'm done, I'll kill myself. I swear to God that's not suicidal – it's definitely a positive thing. The moment I start shitting the bed is when you'll see me on the front of a bus."

Then he smiles, rather sweetly, and adds, "I think I'm very generous of spirit with the people I love, but I can also be a very selfish person too. I've grown up knowing nobody is going to look after me, so if I don't, who is? I'm not frightened of who I am; I just want to look back and know that I've lived what I consider a fulfilled life. That's all. Happy days." **FHM**



"The Monster girls are the bollocks. They're down, intelligent, good fun and good partiers. No, my wife doesn't mind – I don't have to be around girls with a view to shag them. I enjoy their company and they enjoy mine."



"That's me and Liam. We are true brothers. We argue like brothers but he is about the only person in my life who has taken time to understand who I am and accept who I am. He doesn't always like it, but that love will never die."



JERI LEE







# ALL-AMERICAN BEAUTY

JERI LEE IS MANY THINGS — DANCER, MODEL, LOVER — BUT ABOVE ALL, SHE'S ONE OF THE SWEETEST PEOPLE WE'VE EVER HAD THE PRIVILEGE TO MEET FROM THE SUNNY COASTS OF CALIFORNIA.

Words **Marcus Lee** Art Direction **Shokelul** Photography **Marcus Wong** Styling **Leia Damayanti**

TANK TOP, BY KITSCHEN.  
SHORTS, BY ZARA.

HAIR: DYLAN BOON.  
MAKEUP: YU TING.



JERI LEE



BIKINI, AND HIGH HEELS,  
MODEL'S OWN.







JERI LEE

★ ★ ★ ★ ★ ★ ★ ★ ★ ★  
“YEAH, I STARTED  
MODELLING AND ACTING  
WHEN I WAS THREE. I’VE  
LOVED IT EVER SINCE, YOU  
KNOW, I WAS PRACTICALLY  
BORN WITH IT.”

BIKINI TOP, HIGH HEELS, AND  
DENIM SHORTS, JERI’S OWN

OPPOSITE: DENIM SHIRT,  
FROM PULL & BEAR. BIKINI,  
JERI’S OWN









**When did you get into the import scene?**

I just... got discovered I guess. My first photo shoot was with — Oh my gosh, it's so old — *Finest Models* or *Finest Exposure*. I had no boobies, no tattoos... I wasn't even wearing fake eyelashes or anything; I was plain Jane Jeri Lee. I went to my first HIN (Hot Import Night) and that's how people saw me. I was with my girlfriends and we were like, "Oh let's go to the car show, and dress all pretty and walk around!" That's something to do back then; just to go out and see all the cute guys — who cares about the cars you know? That's how we were around that age.

**What about as a dancer?**

I started go-go dancing about the same age I started modelling; I met someone who was a party promoter. I was just out dancing with my friends, and he noticed me and asked me to dance for them. I started dancing in Orange County, then LA and then around the US.

**How did you make your connections in Asia?**

I went to the Philippines in 2006; it was my very first time in Asia. I did a car show there; I did go-go dancing

WHO'S SHE?

**Age:** 30  
**From:** Orange County, California  
**Likes:** Working out, travelling, cooking, eating (when she can)  
**Dislikes:** Body odour, bitter melon, hairy men  
**Instagram:** @mama\_lee  
**Facebook:** facebook.com/theREALjerilee

and I shot with *FHM* Philippines. From there, people came to me or through a friend and that's how I started doing international stuff. My friend who booked my car show in the Philippines actually set it up with *FHM* to shoot us. I got to know the editor and the photographers, and I've done a lot of shoots with them.

**When did you get your first tattoo?**

My first tattoo was the two stars that I have; I was 18. I have 35 now. My best friend and I were supposed to go get tatted at some shop in Anaheim. We were both nervous like, "Is it going to hurt? Am I going to pass out? I hate needles!" So I went first and the guy told me to relax. The machine turned on and I thought this wasn't so bad. I turned to my friend and she was just shaking her head, and when I was done, she just said, "Okay, let's go!" To this day, she still has no tattoos. And look at me, it's all her fault.

**What's the latest tattoo?**

The one here on my chest, "You light up my soul." Me and my girlfriend got it for her birthday. My other girlfriend.

**How do you choose your designs?**

I'm really random; when I travel, I'm like a walking passport. I have all these different languages on me. I'm a little bit unique with my tattoos. I always liked drawing on myself as a kid, and I've gotten tattoos from Hawaii, Korea, Thailand, Japan...

**We have a question about the work you've done. In the chest area...**

You mean my boobs? Yeah, they're totally fake! They're 10 years old; I have to get these redone. I got them when I was 19, I'm 30 now.

**Why did you decide to do it?**

I don't know. Well, I wanted boobs! I wanted to look like a Barbie; I had small little boobies and wanted big boobs, so I got boobs. I was a full A and now I'm a D.

**Were your parents okay with it?**

My dad already passed away, before I turned 19. My mum had a boob job before me. We were fighting over who's gonna go first; who's gonna take care of each other. So she had hers done first and then I did mine. **FHM**

“...I DON'T REMEMBER MY FIRST AUDITION, BUT I REMEMBER WHAT I DID. I DID THE OSCAR MAYER WIENER AD, I DID A BARBIE COMMERCIAL AND A PEPSI COMMERCIAL — THIS IS ALL WHEN I WAS LITTLE.”







JERI LEE







BIKINI TOP, MODEL'S  
OWN. DENIM SHORTS,  
FROM ZARA



## THE RUSSIAN POP KING



EMIN AGALAROV, HEIR TO A \$2, 000, 000, 000 FORTUNE AT CROCUS CITY HALL CONCERT VENUE, WHICH HE BUILT, AND SELLS OUT



**THE POP STAR**

---

# WHO'S RICHER THAN BONO

**(AND YOU'VE NEVER HEARD OF HIM)**

---

Vodka, million-dollar deals, sell-out album tours and more vodka.  
Welcome to the wealthy world of Emin Agalarov.

Words **Joe Mackertich** Photography **Glen Burrows**



# “HAPPY BIRTHDAY EMIN!” BARKS BILLIONAIRE DONALD TRUMP.

“I can’t believe you’re turning 35. Boy, can you entertain people!” Robert De Niro is next to pipe up. “Happy birthday, Emin,” says the Academy Award-winning actor. Then he sings the entire *Happy Birthday* song.

The man they’re addressing is leaning across the desk in his Moscow head office, showing us videos on his smartphone. Emin Agalarov turned 35 a few months ago and had an enormous party. A few invitees, including De Niro and Trump, were unable to attend so they sent personal messages instead.

“Robert De Niro doesn’t need to sing *Happy Birthday* to anybody,” he says. “You can’t buy that. It’s about friendship and respect. These are things you can show off, be proud of. Not boats, cars and planes.”

Chances are, if you’re reading this in Southeast Asia, you’ve not heard of Emin Agalarov. Say “Emin” to anyone in Russia or large chunks of Central Asia however, and they’ll immediately think of three people: A platinum-selling, heart-throb pop star who sells out arenas; an ambitious property tycoon who’s built, among other things, the country’s two largest luxury malls; and a politically connected socialite, son of one of Russia’s richest men, husband to Leyla Aliyev, daughter of the President of Azerbaijan.

All three of those Emins are, in fact, the same Emin. And he’s invited us to the Russian capital to spend a few days in his company. Which begs the question: What could the man who has everything possibly want from us?

Rewind 15 hours and we’re a few blocks from Red Square, standing outside a door leading to a dimly-lit hallway and a single elevator. Winter nights in Moscow are nose-numbingly cold: The streets surrounding Red Square become patchworks of concrete, ice and snow. The doorman’s black suit jacket and polo-neck look is astonishingly meagre considering the climate, but his pale, shaven head and serpentine facial scar suggest he’s tough enough to cope with the chill.

We tell him we’re here for Emin and are ushered towards the lift. A television in the hallway is showing an advert for an all-terrain vehicle, one which — just by chance — stars the man we’re here to see. There he is, tucked into the driving seat, smiling, navigating some kind of assault course. And then, 30 seconds later, there he is again, in real life, flanked by a suited and booted crew of friends and business associates at the head of a glass dining table, eating, cracking jokes and throwing back shots like a cross between Henry VIII and Justin Timberlake in *Social Network*.

“Guys!” he yells. “Welcome to Moscow!” We say our hellos but it’s difficult to keep track of who’s who, due in part to the constant stream of vodka being thrown down our necks and also our host’s habit of introducing everyone to us as either “the sexiest man in Russia” or “Russia’s most famous sex machine”. Emin is a big, cheerful, busy guy. One minute he’s telling anecdotes about his pals involving kidney stones, anal sex and a hotel room in Boston (they laugh it up, but you would too if your best mate was capable of buying and selling your ass); the next, he’s taking the manager of the restaurant aside to tell her how he wants the tables set up. He’s allowed to do this because he *literally* owns the place.

From the outside, Emin apparently lives up to the stereotype of a rich kid who has silver spoons plugging up his every orifice. The world is a very different place when you’re in his company. People are constantly sprinting ahead of you to open doors. Beautiful women make eyes at you as if to say, “I am willing to flirt like this if it means, in time, I might get access to *him*.” Plates of exquisite food are plonked down in front of you and then immediately replaced by new plates with new cutlery and new food the moment you finish. At one point, Emin remarks, “I never used to like sports cars. And then my dad bought me a Ferrari.”

Once we’ve all eaten and drunk our way through a few thousand dollars worth of food and vodka, his friend and assistant, Roman, stands up and honours him with what might be the most emotionally-charged toast we have ever seen. “Everything I have,” he says voice trembling with sincerity, “Every memory... I have because of you.”

It wasn’t always like this. Born into a relatively poor family in Azerbaijan, Emin moved with his parents and sister to a tiny one-room apartment in Moscow in the 1980s. A few years later, the Soviet Union — the communist super-state which regulated how its citizens lived, earned and spent — collapsed. Men who had ambition and entrepreneurial spirit were free to pursue the path of profit, no longer impeded by a rigid, dogmatic government.

Emin recalls how the daily queue for bread and milk was suddenly replaced by a queue for something quite different. “These kiosks appeared in the street with colourful logos: Mars, Coke, Snickers. I remember standing in line for five hours for my first McDonald’s. My friends and I didn’t know what anything was so we bought one of everything.” What did he think of the food? “I remember it so clearly,” he says, eyes closed. “It was the most delicious thing I’d ever eaten. My dad thought it was disgusting.”

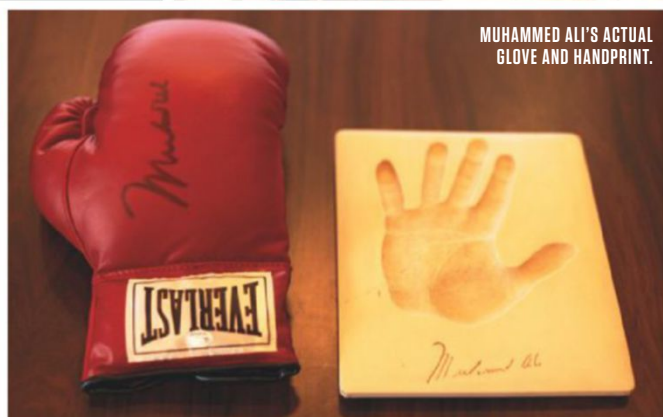
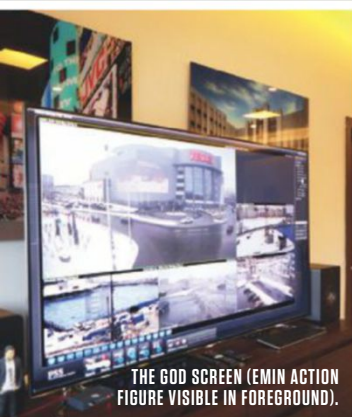
While Emin’s father, Aras, wasn’t impressed by the US’s flavoursome bun-based exports, he wasted no time in capitalising on capitalism. He threw himself headfirst into the world of business, first importing computers, then arranging trade fairs and finally moving into property and construction. When the dust finally settled he was one of the richest men in Russia.

It’s worth pointing out that during all of this, Emin wasn’t sat at home mooching off his dad. He was in New Jersey, studying, chasing girls and earning his own money by working a series of reassuringly normal jobs. “I never wanted to join his company,” he says. “I was doing well by myself in the US. Unlike the other kids, I didn’t get any pocket money. I didn’t want to live in his shadow.”

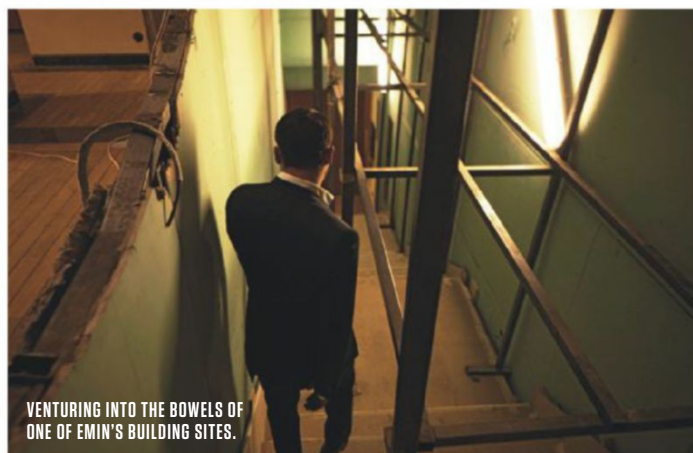
That formidable shadow is one that hangs over us the whole time we’re in Russia. Aras stares out from the cover of Russian *Forbes* magazine and framed photos in which he is stood, unsmiling, alongside President Vladimir Putin. Whereas his son projects an affable, transatlantic approachability, Agalarov senior has the concrete glare and unbreakable jaw of an unyielding empire builder. When we ask Roman, Emin’s faithful assistant, about the latter’s father, he hesitates, considering his words. “His dad is... how can I say it? You feel his presence.”







**“I NEVER  
LIKED SPORTS  
CARS...  
THEN MY DAD  
BOUGHT ME  
A FERRARI.”**







VODKA AND PICKLES:  
THE BREAKFAST OF  
(RUSSIAN) CHAMPIONS.



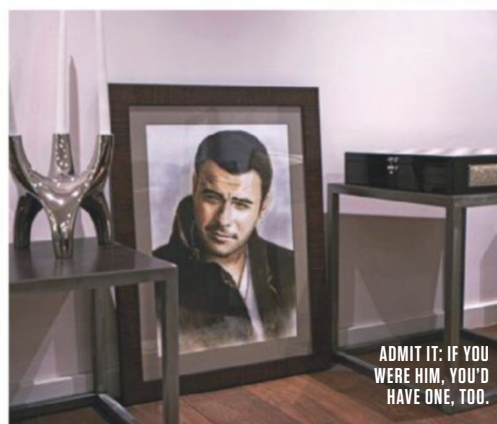
EACH OF THESE BOTTLES  
IS WORTH MORE THAN  
YOUR HOUSE.



## “PEOPLE IN ORANGE LAMBORGHINIS DON’T NORMALLY HAVE THAT MUCH MONEY.”



AN INFORMAL JAM AT  
HOME — WITH THREE  
BACKING SINGERS.



ADMIT IT: IF YOU  
WERE HIM, YOU’D  
HAVE ONE, TOO.



PROBABLY THE NICEST  
PIANO WE’VE EVER SEEN.

Eventually, Aras succeeded in getting his son back into the family fold with a cheeky offer. He owned a mall in Moscow that contained about six failing shops. If Emin could take the stores and turn a profit, he could keep the profit. He took the bait and five years later that handful of shops had ballooned to 75, with an annual turnover of \$160 million.

You might look at that and say, “What a lot of money! Good job!” An oligarch looks at that and thinks, “It’s a start”.

If you want an idea of the scale of the Agalarov empire these days you only need to look at the massive computer screen on the wall

of Emin’s office. A menu runs down its left-hand side, allowing you to choose between one of the many projects his company, Crocus International, has on the go. There’s the 62,000 square-metre Crocus City Mall; a 6,000 seater-concert hall; the 549,000 square metre international exhibition centre Crocus Expo; the country’s largest ‘retail entertainment centre’, Vegas; the Agalarov Estate golf club, 15 pricey restaurants and even a luxury residential complex in Azerbaijan called Sea Breeze on the Caspian. Click on any of them and “live” video footage from the site immediately springs up on the screen. We watch someone fiddling about in a kitchen for a while, oblivious to the fact they’re on camera. It feels a bit like being a god, if god’s omnipotence was limited to upscale boutiques, restaurants and night clubs.





We push Emin to disclose how much revenue is generated by the whole operation. He tells us. It's a lot.

Surely the sprawling business commitments interfere with his pop career? What would happen, we ask, if his record label asked him to tour for two years to promote an album?

"I don't need to tour," he states. "My music is financially independent. I chose a business path because I knew that if could learn how to make money, I could make my other dreams come true. Music, motorbikes, whatever I like."

Emin's dream at this point in time is to crack the British charts. He's been releasing hit albums for 10 years and, having become a massive star in Russia, he's got his sights set on the UK pop scene. The guy's already had a measure of success there — a few singles from an earlier album, *Wonder*, were playlisted on British radio — and he's clearly hungry for more. We ask him why he's so obsessed with the UK.

"Because it's a world-leader for music," he says. "Look how many famous song-writers are from Britain. Not France or Germany. Britain."

Roman asks us who is currently the most famous Russian music act in Britain. We struggle. Tatu, the lesbian-themed pop duo, perhaps? Although, now we come to think of it, that was over a decade ago. Maybe, simply by default, it might actually be Emin.

Roman looks pleased at this. We like Roman. They say that behind every great man there stands a great woman. And that may be true. But standing behind the pair of them, existing on two hours sleep, doubled-over with anxiety — there's usually a person like Roman. Uncomplainingly and repeatedly allowing the steel-toed boot of life to kick the shit out of them.

We want to see at least some of "Emin World" with our own eyes, so the man himself agrees to give us a walking tour of Vegas, the above-mentioned mega-mall that makes VivoCity look like a half-furnished branch of Popular bookstore. The place is gloriously bonkers: Huge ferris wheels, ice-skating rinks and a scale replica of New York's Times Square rub up alongside hundreds of luxury stores. Emin is a helpful, ever-modest guide but attracts attention wherever we go. Photographers, both professional and enterprising amateurs, buzz around us, snapping away like piranhas. Star-struck mothers push their toddlers towards him for photos and hugs. The two beautiful women at the information kiosk jump up and look like they might actually soil themselves in fear as he approaches to say hello. It's a bit like being given a walking tour of Resorts World Sentosa with Michael Bublé. If Michael Bublé also owned Resorts World Sentosa.

We accompany Emin, as he storms at pace through the gloomy building site of his new multi-storied Nobu restaurant. Squat, middle-aged construction workers, drawn from all corners of the Central Asian regions, scuttle out of his way so he can show us what will soon be the banquet hall and the private dining room. A lot of them stare at him, stupefied as he goes by. It's not clear if their petrification is due to him being their boss's boss's boss's boss or to the fact he's a massively famous pop star they've watched on television with their wives back home.

During the mini tour, Emin introduces us to the architect (who seems a bit scared of him), the site manager (who seems a bit scared of him), and the guy responsible for the lighting (who seems terrified of him). Not that the big man doesn't appear to be anything other than a nice guy. He really doesn't seem the

type to bully underlings for kicks. But it must be at the very least startling when a fly-by-hi from your employer also involves multiple photographers, personal assistants and a journalist.

That night, we travel to a block of flats (a block of flats built and owned by the Agalarovs, obviously) to find out where Emin lays his head at the end of a busy day oligarch-ing. Despite the jaw-dropping views of downtown Moscow, the signed Elvis memorabilia and immaculate marble surfaces, his penthouse apartment is surprisingly modest.

Then, on the top floor, we discover an eight-piece "live" band and two sound technicians. Emin changes out of his suit and joins them to rattle through a few of his songs while an enormous man named Pavel ("I am band... manager?") gives us vodka, more vodka and pickles. The guitarist with a goatee beard tells us they get to go home at some point, but we prefer the idea of the band trapped up there like caged birds, forced to play Emin's music on a loop for all eternity.

The songs are catchy, smooth and polished; the equivalent of Chris Rea and Enrique Iglesias purified in a Eurovision blender, and fed to you through a straw of purest melodrama. It's not for fans of death metal, but if you enjoy emotional ballads and big choruses, then why not give it a whirl? Emin really does give a shit about his music and it's clear that his career as a performer, while made possible by money, is only feasible thanks to a lot of hard work on his part.

The last time we see Emin is at one of his nightclubs called Rose Bar. He's still a gracious, generous host, but he looks a bit knackered. But then again, so would we if we had two careers to hold down. Still, his slightly frayed edges do nothing to deter the clusters of terrifyingly attractive, lithe-legged women in the room, trying to pout and smolder in his general direction. Does it bother Emin that a lot of people won't look beyond his personal circumstances when considering his music career?

"It was always the first question I got asked," he says. "What does it feel like to sing when you have so much money?" What they really mean is, 'You're just doing this for fun, because you have nothing else to do'."

That's the truth about Emin Agalarov: It's tempting to pigeonhole him as an overgrown spoiled kid who once yelled, "I want to be a pop star!" and, lo and behold, became one. But, after spending time with him, it's clear to see that it's not actually the reality. He's a sweet guy who has no truck with pointless extravagance ("Usually, people who drive about in orange Lamborghinis don't actually have that much money"). He works bloody hard at his day job so he can afford to make music on his own terms.

He admits that when he and his father built the top-of-the-range Crocus City Hall music venue, he didn't dare play in it for six years. "I felt very uncomfortable," he says quietly. "I could imagine all these people looking at me, thinking 'He's only doing this because he has money'. And sometimes I felt it too. Maybe if I didn't have money, I wouldn't sing."

It's oddly touching to see this world-conquering alpha-dude, the good-looking billionaire's son, fess up to feelings of inadequacy. We tell him self-doubt is normal.

"Yeah," he says, perking up. "And if I really was a shit singer I wouldn't have 15,000 people paying to see me. So I must be okay. Sort of."

Don't worry, Emin. You're doing just fine. **FHM**

Emin's album, *More Amor*, is out now.





# MUSIC FIGURES

FROM THE SWINGING '60S TO MODERN TIMES, SINGAPORE HAS HAD NO SHORTAGE OF FEMALE MUSICAL TALENTS, WITH THE LIKES OF SHIRLEY NAIR AND INCH CHUA WORKING HARD TO PUT THE LION CITY ON THE WORLD MUSIC MAP. *FHM* PAYS TRIBUTE TO THE CURRENT LEADING LADIES DRIVING OUR SCENE — AND FIND OUT IF THEY TURN THEIR AMPS TO 11.

Words **Timothy Wee & Janine Lee**

Art Director **Dannii Choo**

Photography **Hong Chee Yan**



SINGER-  
SONGWRITER AND  
CREATOR/HOST  
OF GEAR GAWK

# INCH CHUA

**When I was 14, a guy whom I had a crush on, invited me to a gig to catch his band perform.** By the end of the show, instead of going out with him, I ended up in love with music.

**Once you've been to enough music gigs, you'd want to be in a band.** I've been attending gigs since 14 and joined a band when I was 16. It seemed like a natural progression.

**There is something magical about regressing back to the past.** I've been writing new material on Pulau Ubin. The experience got me thinking about what it means to be a Singaporean, considering Singapore was born out of Ubin's [*granite*] mining, and its community has been there since the '50s.

**It was mind blowing the first time I was given a "green room",** with our own sofa and water. It was at *Singfest* 2010 and I was just starting out. Back then, it wasn't unheard of for promoters to ignore local opening acts. Luckily, that has changed now.

THE FORMER FRONT WOMAN OF  
DEFUNCT LOCAL BAND ALLURA,  
IS NOW A SOLO MUSICIAN WHO  
BLENDS ACOUSTIC FOLK WITH  
ROCK, JAZZ AND ELECTRONICA.

**There's been a change in the attitude of local audience towards local music.**

A lot is pegged to education; we need to work on creating value for appreciating the arts. A lot of the population was not given the opportunity to understand why art is important in their lives.

**A partner and I founded the School Invasion Tour programme** in 2008 to go into secondary schools and spread the gospel of local music. This year, we're working with \*Scape. For a lot of kids, it's their first time experiencing "live" music. Some remember it well after graduation as the catalyst for them to check out more music.

**I released my first book, *Between The Devil & The Deep Blue Sea*, last year.**

I curated and published my diary. It wasn't an intention to diversify but I'm a prolific person with many interests.

MESH TOP, BY ARMANI EXCHANGE. SHORTS, BY TED BAKER. NECKLACE, BY BANANA REPUBLIC.

HAIR: BOSCO/HAIRLOOM USING GOLDWELL. MAKEUP: HONGLING/9455-8681 USING MAKE UP FOR EVER; AND GABY TAN/BYGABYTAN.COM.







# CHRIZ TONG

MANDARIN  
POP SINGER

DUBBED THE “QUEEN OF THEME SONGS”, CHRIZ TONG HAS SUNG OVER 10 SONGS FOR LOCAL MANDARIN TV SERIALS.

**My first gig was recording demos for other people.**

I didn't mind as I just wanted to be in a recording studio. It was very good training.

**After working on over 50 demos, I had the opportunity to record my own material.**

It was an “indie” project with hardly any money available... But out of that came my first album, *Wei En Xazz*.

**I tried the work-full-time-and-sing-part-time thing.** But I was doing both things half-heartedly and couldn't excel in either. So, I told myself to choose one and give it my 100 per cent. If I fail, at least I know I tried.

**It was my producer who landed me my first drama theme song.** MDA and MediaCorp had a grant to produce and promote local songs for TV, so he submitted my songs. One of them got selected for *Kampung Ties*. It's a special song considering that the drama was a collaboration between Singapore and Malaysia.

**I don't have a favourite drama theme song; they are all so different.** When you do an album, your songs might have a uniform thread or style. For theme songs, the genre is dependent on the drama serial. But I always find it interesting — you can be singing rock, pop or even lounge.

**People may not know my face, but they hear my voice every night.** Slowly, my name got out and I was invited for musical auditions. I landed a part in last year's *Innamorati*. It was based on the cast's own personal stories and used famous local '90s Chinese songs.

**You think you're good but there's always something to learn.** Every step of the way, there's always a new challenge. For example, when I first became a “live” performer, I had to relearn my singing techniques because it's so different from singing in a studio.

DRESS BY LAURA JASMINE, FROM ECLECTICISM.







# DELFINA UTOMO

THE EDITORIAL PROWESS BEHIND ONLINE MUSIC SITE, BANDWAGON.

LEAD EDITOR  
OF BANDWAGON

**When I started out, music journalism was practically unheard of in Singapore.** There wasn't much to build on, and little effort to promote the local music scene.

**I didn't want to just report music news; I wanted to produce interesting, informative content.**

Hence, Bandwagon adopts a friendly editorial tone — like having a conversation with a friend.

**The media is very important.** As the first line of tastemakers, we determine what our audience read, hear and watch. It's also essential to have a supportive network to help quality local art and talents.

**Bandwagon's main challenge is a shortage of staff.** We are a very small team, and everyone has to juggle multiple roles. Besides leading the editorial, I double up as photographer, designer, marketer, social media and project manager. The hours are long and very stressful, but I learn a lot.

**My dream local music festival would comprise of local bands from yesteryears playing alongside musicians of today.** Imagine Electrico on the same bill as The Quests! It'd show how vibrant Singapore music has been throughout the ages.

**When people say Singapore lacks culture, I disagree because there is so much going on even in the '60s.** My grandparents told me how they used to "club" — it was called tea dance then. When they told me what went on during those tea dances, it sounded like clubbing to me.

**My secret music indulgence is *Get Low* by Lil Jon.** It's a song I revisit so often I can even rap like him. In fact, the song was stuck in my head throughout this year's *Laneway Festival*. While people were watching indie bands, my mind was on Lil Jon.

DRESS AND NECKLACE, BOTH BY BANANA REPUBLIC.



CONCERT PROMOTERS  
AND FOUNDERS OF  
UPSURGE PRODUCTIONS

# MAE & LIZANNE NG & TEO

UPSURGE PRODUCTIONS HAS ROCKED LOCAL ARENAS BY BRINGING IN ALT-ROCK BANDS SUCH AS INCUBUS, MAYDAY PARADE AND TAKING BACK SUNDAY TO OUR SHORES.

**Mae Ng: We're concert promoters.**

We oversee a concert from start to finish — from booking the act to handling logistics to marketing. It's the rock 'n' roll version of events management. We focus on more niche bands compared to other local promoters.

**Lizanne Teo: We were frustrated music fans who took matters into our own hands.**

We were polytechnic friends and had the love for the same kind of music. We felt that bands we were interested in were never coming to Singapore.

**MN: It's for our local audience.** We want to give them a chance to watch their favourite international bands "live" in their hometown.

**MN: We had a lot of help along the way and are grateful for that.** I was interning at local music venue, Tab, and my then-boss helped a lot by giving advice on what to do, what bands to bring in and what not.

**LT: You need to prove you're not a scam artist before bands are willing to commit to you.** Initially, it was difficult just getting bands to reply to us. A friend hooked us up with our first act. From then on, we got to know more booking agents and that's when we started booking bands on our own.

**LT: Most times, we don't get to choose the bands we want to bring in.** If they happen to be around the region and we feel they fit the Upsurge profile, we'll bring them to Singapore.

**MN: Our most rock 'n' roll moment came when Mayday Parade thanked us on stage.** They weren't obligated to and they weren't the only band to have done so. This means we're doing something right.

**MN: Our first Mayday Parade show launched us.** That was the seminal gig that helped Upsurge Productions to grow. The band believed in us and chose us as its concert promoters on its return visit.

**LT: The craziest show we did to date was the Suicide Silence gig.**

It wasn't even one of our bigger shows, but we had these hardcore kids jammed packed into a small venue and the power tripped twice!

**MN: My most hardcore gig experience was Avenged Sevenfold's Singfest set.**

I remember the barricades collapsing and everyone was toppling over them. The heavier bands are pretty crazy because they tend to mosh and crowd surf.

**LT: If we were to organise a SG50 music festival, it'd be called SG50 Already**

**Ah?** It'd be an art-and-music festival with a comedic slant. We'd get international musicians to collaborate with local acts and form one-off bands such as the Red Hot Chili Crabs or Yong Tau Foo Fighters.

**MN: We always try to have a local opening act at our shows.** We believe in giving local musicians a chance to perform and be heard. We had the Summer State and Caracal for our past shows. Hopefully, that'd help grow their local fan base.

**MN: Local record labels should get their day in the sun.** I highly recommend people to check out homegrown labels such as KittyWu Records and Darker Than Wax. That's how you discover more local artists.

**LT: It's extremely satisfying to stand at the back of the venue and observe our gigs.** I'm a quiet person by nature and usually by show time, both of us would be so tired that we just stand there and watch.

ON MAE (LEFT): DRESS BY ARMANI EXCHANGE, NECKLACE, BY BANANA REPUBLIC.

ON LIZANNE (RIGHT): DRESS, BY MARCIANO BY GUESS. NECKLACE, BY BANANA REPUBLIC.









# ALICIA PAN

R&B SINGER  
AND FOUNDER OF  
YOGA MOVEMENT

AFTER AN EIGHT-YEAR HIATUS,  
ALICIA PAN IS BACK IN THE MUSICAL  
SPOTLIGHT WITH A SECOND SELF-TITLED  
EP AND HER YOGA MOVEMENT BRAND.

**I always knew I wanted to perform since I was little.** I took up classical piano at the age of six, and started singing and dancing around the same time. I was spotted by an agency at 16. I worked my way into the scene through gigs and public appearances. There was no social media back then.

**I don't appreciate the dog-eat-dog mentality,** whether it's between artists, or artist and organiser. So I've never gone against my principles to take up any job just for fame. I don't know if this [mentality] contributed anything towards the local music scene, but hopefully it helped to set a standard in some ways.

**To make it in the local music scene, you need to conceptualise your onstage persona and find your "sound".** It's not

about being the best-looking person or having the best voice, but rather how you make use of what you have and make it your unique selling point.

**Local audiences have grown to appreciate homegrown art a lot more in recent years.** It will only get better.

Take for example, the last *Getai Electronica* organised by Carmen Low (Taj). Despite being a last-minute event, the rooftop concert

held at People's Park garnered over 1,000 people with a local music line-up.

**If we're going to develop the local music scene, it should start with "live" music venues.** They've got to stop hiring bands that play what guests want to hear, but rather book acts for what they want to play. From the artist's side, stop doing free gigs to appease venue owners who tell you what to do.

DRESS, BY MISS  
SELFDRIDGE.

HAIR & MAKEUP:  
HONGLING/9455-8681  
USING BED HEAD BY TIGI &  
MAKE UP FOR EVER.



# DJ TING



THE FIRST FEMALE DJ TO HOLD A ZOUK  
MONTHLY RESIDENCY, NOW TRAINS RISING  
TALENTS IN THE ELECTRONIC MUSIC SCENE.

**I come from a classical background.**

I've been playing the piano and violin since six. I was also a dancer and painter.

**DJ-ing is just a small part of what I do.**

I have a degree in music technology and also teach at my own DJ academy.

**My academy grooms musicians and DJs, and markets them to different clubs and venues.** I know how difficult it is starting out, so I try to give them a head start.

**Sometimes, I'll deliberately dress more boyishly,** so I won't be judged on my looks, but my performance instead.

**A guy once commented I wasn't DJ-ing because my hands were in the air.**

I explained that since the song was three minutes long, I could spare those minutes doing something else.

**Networking is very important.** To break into the scene, you have to go out and meet people. You can be the best technical DJ, but if you stay in your room, nobody's going to know who you are.

**I've met many older DJs who told me not to even try,** because the industry is so tough. I don't think they tried hard enough. The older generation can be very negative.

**DJs in Singapore are one of the most highly paid.** In the US, even after working for four years, you might still have to do gigs for free; while DJs in Australia have to take on the additional role of gig promoter and still get paid peanuts.

**A music career in Singapore is sustainable but unstable.** You must know how to save money and work twice as hard as everyone else.

DRESS, BY MILIN FROM OCCASIONAL GLIMPSES OF BEAUTY.





**MUSIC FIGURES**







# VANESSA FERNANDEZ

RADIO DJ, SINGER AND MUSIC TASTEMAKER — THIS MULTI-HYPHENATE HAS BEEN PLAYING AN INTEGRAL ROLE IN SHAPING SINGAPORE'S MUSIC SCENE.

**My Instagram profile description says, "Slave to Lush 99.5FM and enabler of 98.7FM".** That's pretty much how I'm contributing to the local music scene.

**I'm in charge of the overall creative strategy for my radio stations,** and also manage the DJs.

**I look at radio as a bigger picture,** with regards to what is our place in the culture — how we're growing and developing either subculture through Lush; or mainstream pop culture through 98.7FM.

**The most enjoyable part of my job is the people.** The staff at 98.7FM is this super high-energy, passionate bunch who love their jobs; and Lush has these super-opinionated and very knowledgeable people.

**Being away in LA for a year really changed my perspective on a lot of things.** Overseas travel is good and it's great that a lot of local bands are already touring.

**There needs to be some education regarding the support system for our music scene.** Local managers, agents and promoters need to go overseas and be attached to international management agencies, to see how they do things there.

**We need more smaller-sized venues,** so artists have options and more places to perform their music.

**We also need more education on sound engineering** — both on a recording and "live" level. There're only a handful of people here who are really good and they can't possibly do everything.

**I understand what it's like to feel that mainstream media doesn't support you.**

It's the role of media to set an agenda. You need to create these levels, otherwise it's like local music doesn't exist.

**If you look at music purely to make money,** I wouldn't do it. You can make money as a pub musician or a pop group like The Sam Willows, but it has to be driven by passion.

**My agenda is to make local music a priority.** Then people feel like there's a chance to make it and there's hope. And others who are trying to get better realise they should be like these people.

**It's a fun and interesting time for local music** because there are so many people creating music.

**The younger generation sees people like Gentle Bones and Charlie Lim, and they respect the art form.** Five to 10 years ago, people didn't like local but the perception has changed. That's the best thing that could have happened at this point in the culture where there are a lot of people creating — it'll just fuel it.

**Weish from .gif is a local musician people should check out right now.** She is absolutely incredible. Sam Driscoll, too. Someone posted a random "live" performance he did and I thought it was awesome. He's really talented.

**We have a project on Lush called 50 Songs in 50 Days.** It's 25 musicians who each do one cover and one original song.

**Following local musicians on Instagram will get people excited about the scene.**

Follow talents such as Shigga Shay or Inch Chua — you get to see what their lives are like; that's how you get more excited and convinced that it's real. **FHM**



# FILTER

10

must-knows for  
the month ahead



## 01 THE BREAKFAST CLUB

DVD

You can enjoy this 30-year-old Breakfast anytime of the day.

"They were five total strangers with nothing in common. A brain, a beauty, a jock, a rebel and a recluse..." It's a premise that's teed up hundreds of coming-of-age movies and with the film celebrating its 30th anniversary, *The Breakfast Club* remains the original and the best. John Hughes's quintessentially '80s yarn did such a great job of summing up the mood of a generation of voiceless teens that it's still adored today by people who weren't even born when it was first released.

The story of five very different students seeing out the same punishment (a Saturday in

detention) opens with a monologue that you probably won't be hearing on *Tanglin*, but is more relevant than ever: "You see us as you want to see us, in the simplest terms and the most convenient definitions... That's the way we saw each other at seven o'clock this morning. We were brainwashed." Aside from the fact that it's warm, funny, and a bloody well-observed comedy, it's a film that stays with you, like an old mate you got drunk with once. And, as Simple Minds belt out "Don't you forget about me" at the end, you strangely never do...

### WHAT THE CLUB MEMBERS DID NEXT



**ALLY SHEEDY**

**Then:** Played Allison Reynolds, the kooky, slightly odd one.

**Now:** After starring in a peppering of other '80s flicks (with a cameo in another Hughes classic, *Home Alone 2*), she now does the odd bit of stage and telly.

**MOLLY RINGWALD**



**Then:** Played Claire Standish, the spoilt, hot one.

**Now:** Stars in US sitcom *The Secret Life of the American Teenager*, but also writes books and has a jazz album out (and she's totally still hot).



**EMILIO ESTEVEZ**

**Then:** Played Andrew Clark, the misunderstood wrestler one.

**Now:** Martin Sheen's son went on to star in lots of classics, including *The Mighty Ducks* and *Repo Man*.

**JUDD NELSON**



**Then:** Played John Bender, the off-the-rails one.

**Now:** He now does a shitload of American telly, and is currently starring in *Empire*.



**ANTHONY MICHAEL HALL**

**Then:** Played Brian Johnson, the geeky one.

**Now:** Was recently in *Foxcatcher*, and also cropped up in *The Dark Knight* as Gotham's star news anchor.



02

BOOKS



## YOU CHEATED

Swot up on geek culture.

We bloody love Belly Kids. They're a bonkers arty collective that caught our attention with a Bill Murray colouring book, awesomely titled *Thrill Murray*. Then, they dedicated a whole tome to top artists drawing *The Simpsons'* Milhouse Van Houten from memory, and we loved them even more. Only a sticker book crammed with more than 60 killer doodles of old-school video game characters like Sonic, PaRappa The Rapper and Spyro, could surpass their history of awesomeness.

You Cheated is available at [bellykids.bigcartel.com](http://bellykids.bigcartel.com)



03

MUSIC

## RAEKWON

Sat in a swanky hotel suite with a stack of cash in front of him, Wu Tang Clan's Raekwon gives *FHM* a lesson in branding, housework and the one act you need to listen to. (Spoiler alert: It's him.)

**Your new album's called *Fly International Luxurious Art (Fila)* — does the title reflect you?**

Absolutely. This [taps head] is my biggest tool right here. I can make this be a weapon or I can make this be expensive. You think expensive, you get expensive. I'm rich in the heart and rich in the mind, and I always want to give you the best of me. My music is rich, my vision is rich, you know? I'm filled with wealth when it comes to art. If art was money, I'm bigger than Bill Gates.

**So *Fila's* not about your love of the retro sports gear?**

Oh, the Fila thing. A lot of people thought the album was gravitating towards that brand, but it's just the acronym broke down is spelt the same as the brand itself. But, you know, they need to holler at me if they want to make their brand go up.

**The new Wu Tang Clan record is being auctioned to a single person and your pal, RZA, said he's had an offer of \$6.6 million. What do you think it's worth?** I'd say no less than six. Because if you

got it, it's yours — it ain't nobody else's. But I can't tell you too much about that. I can't tell you what I don't know. You just got to stay aboard and stay tuned. There's a beauty in the mystery of it.

**We read somewhere that one of your hobbies is, er, cleaning?**

Absolutely. I always try to straighten up and do the best I can do. I don't have a maid or nothin', but that was instilled in me when I was a little kid. My mum was big on keeping the house clean, taking the garbage out, all that shit a normal kid should have to deal with.

**You don't actually enjoy it, do you?**

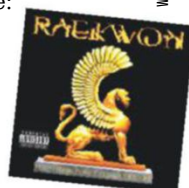
Yeah! I'm just not big on dishes.

**Who's your one big music tip?**

We all look for who's going to be the next best thing, but the only one I can say is me. When you hear this album, you're going to know why I said it. This is going to be the epitome of making another classic. Tell everyone:

Get ready for this one. **FHM**

Fly International Luxurious Art is out now.



WORDS: FHM UK PHOTOS: TPG IMAGES/CLICK PHOTOS





# BARCLAYS ASIA TROPHY

There is hope for all recovering football addicts this July.

Football fans rejoice! No more sad weekend nights of Barclays Premier League (BPL) reruns. Come this July, get your "live" football fix in the form of the only Premier League-affiliated competition outside England. Taking place in Singapore for the first time, the pre-season fixture, Barclays Asia Trophy, is eagerly contested between tournament first timers, Arsenal, Stoke City and our own Select XI. But they are not be the only ones with their eyes on the biennial prize. Seasoned BPL club, Everton looks to draw from its previous tournament experience to hold off fellow rivals.

While tensions may run high among the players on the National Stadium pitch, local fans can savour the

opportunity to see their football idols in action. After all, it's not every day that you get to see football wizards Mesut Özil (Arsenal's talisman), Romelu Lukaku (Everton's most expensive signing) and Peter Crouch (Stoke's heading-goal machine) in the flesh.

Best of all, it does not cost you an arm and leg to catch the exciting footballing action. Besides keeping match-day tickets affordable, the organisers have sweetened the deal by allowing fans to catch two matches each evening with any ticket purchased.

*The Barclays Asia Trophy takes place 15 and 18 Jul at the National Stadium. Tickets start from \$40. For more info, visit [www.sportshubtix.sg](http://www.sportshubtix.sg).*

# 05

MEN

## OLD ICONS

Five ageing legends and their advice for staying alive and kicking...



He's still quite naughty and he's in his 40s... it's **Mike Patton** from Faith No More.  
**New project:** *Sol Invictus*, new album, out now.

**Good advice, pops:** "Revenge is good. It's healthy, too, if you can use music in that way."

He's over 50 and his hair is still nifty... it's **Paul Weller**, modfather.

**New project:** *Saturn's Pattern*, new album, out now.

**Good advice, pops:** "I don't have the internet in my house. I think it's the devil's window."



He's 65, and very much alive... it's the boss, **Bruce Springsteen**, New Jersey rocker.

**New project:** Untitled new album, late 2015.

**Good advice, pops:** "Keep two contradictory ideas alive and well in your heart and head. If it doesn't drive you crazy, it'll make you strong."

He's 74, and far from death's door... it's **Al Pacino**, terrifying *Scarface* actor.

**New project:** *Danny Collins*, film, recently ended its run in the theatres.

**Good advice, pops:** "Money makes your life easier."



He's 81, jeez, that's old... **Willie Nelson**, an old Willie that still works.

**New project:** *It's a Long Story: My Life*, book, out now.

**Good advice, pops:** "The biggest killer is stress, and the best medicine is cannabis."





06

KIX

# WHITE COLLAR BRAWLERS

Here's how to give your colleagues that knockout punch...

Why didn't anyone think of this earlier? Possibly the best reality show to hit us in a while, this *Contender-meets-The Jerry Springer Show-in-a-Bloomberg-setting* series is anything but a pantry showdown.

Each episode sees two office adversaries trading blows in a ring — but not before doing a Rocky and going through 10 weeks of gruelling training conducted by some of US amateur boxing's best trainers.

The first season of *White Collar Brawlers* airs first and exclusively on KIX (StarHub Cable TV Ch 518) and KIX HD (Singtel TV Ch 309), every Wed at 9pm, starting 29 Jul.



A VETERAN TRAINER TUTORING AN ASPIRING BOXER ON THE ART OF TAKING OUT AN OPPONENT.



ADVERSARIES GIVING THEIR BEST SHOT IN THE RING.

PHOTOS: KIX & KIX HD



07

ONLINE

# LILLY SINGH

She might not have super strength but YouTube's superwoman is super funny.



Better known as YouTube's Superwoman, sassy 26-year-old Lilly Singh is famous for her vlogs (video blog) and comic-sketch videos that have garnered over 677 million views and 5.5 million fans. Singh was in town recently for her A Trip to Unicorn Island World Tour show. Check out these YouTube videos if you had missed her performance...

## How Girls Get Ready

In this sketch, Singh shows guys exactly why our girlfriends and wives take so long to freshen up. Her observational humour is at its sharpest and strikes a chord with any frustrated boyfriend or husband.

## Types of Kids at School

Proving that she's too cool for school, Singh pokes fun at every school stereotype there is out there. From the "Mr Know-it-all" to the "hot player", no one escapes the clutches of the irreverent comedian.

## Types of Parents

Taking inspiration from her own parents, Singh creates a cast of memorable parental archetypes every Asian child will be familiar with.

Check out more of Singh's videos at [www.youtube.com/user/ISuperwomanII](http://www.youtube.com/user/ISuperwomanII).

08

MUSIC

# DJ SPINBAD

Local nightspot Cé La Vi has an international resident DJ in the house. Here are seven reasons you should know about the man.

## The man has a Starbucks mug collection.

"I collect [Starbucks mugs] everywhere I go; I have over 100 mugs. There are more Starbucks worldwide than you care to imagine. They even have an outlet in Beirut, Lebanon."

## He's a selfie stick fan.

"I'm not ashamed to admit that I have a selfie stick."

## His favourite vinyl record is B.I.G.

"My most prized vinyl is a signed copy of Notorious B.I.G.'s first album, *Ready to Die*. I went to a promo

event and that's how I met him. We took some photos and he signed the record for me."

## His most valuable possession is a guitar.

"If my house was on fire, the first thing I'd save (aside from my kids) is an autographed Fender guitar I got from Nile Rodgers. Besides being used by Rodgers for studio sessions, the guitar also has Buddy Guy and Stevie Ray Vaughan signatures on it. That's three iconic guitar legends there. Actually, I might take that before my kids!"

## He likes to wing his sets.

"Every time I try to plan a set, it never goes according to plan. As soon as I get in front of a crowd, they might want something different. Part of being a DJ is

reading the crowd and determining what they want to hear to make them feel alive at the time."

## He's old school when it comes to spinning.

"I don't like CDJs (modern version of vinyl turntable). Even when I'm spinning, I'm still using Serato Vinyl Control."

More importantly, DJ Spinbad has, in his mixed bag of tricks, credentials that include being the most syndicated radio mixshow DJ is the world (Twitta Mix); as well as being the official tour DJ for renowned funny man Russell Peters.

*DJ Spinbad is expected to spin four times annually at Cé La Vi, located on Level 57, Sands Sky Park, 1 Bayfront Ave, Tel: 6688-7688.*







09

MUSIC

# TAKE TWO

Fresh off flying our flag at the recent SGMUSO Live Showcase in Beijing, the five-piece indie band talks to *FHM* about the gig and debut EP, *Pairs*.

**What prompted the band to record *Pairs*?**

**Paddy Ong (singer):** Naturally, as a band, we wanted to have our own collection of songs. And *Pairs* is our way of recording our first milestones. We have included some old songs because we don't want to forget all the different songs we created. In a way, *Pairs* can be considered the prologue to Take Two's journey.

**Take Two was selected to be part of the SGMUSO Live Showcase in Beijing. How was the experience?**

**David Siow (bassist):** This is the first time I felt like a full-time musician. In other overseas gigs, we still managed to hang out and get some sightseeing done. But this time round, it was a proper tour experience; we did sound checks in the day and played our gigs at night.

**Jonathan Lim (guitarist):** We are usually the only Singaporean act on our overseas gigs. With

SGMUSO, we were travelling together with fellow local musicians. It's nice to see a showcase of local culture. And it's comforting to see overseas Singaporeans coming together.

**Did the band learn anything from this China trip?**

**DS:** We are in the infancy stages of planning for a China tour. If anything is going to happen, it'll be in the near future — say six months to a year from now. After all, we've still got day jobs. So as we are assessing the feasibility of such an idea, we managed to get insights from Chinese industry players and venue owners during this recent trip.

**What do you want written on Take Two's tombstone?**

**Jeryl Yeo (drummer):** I'd put a trolling message like, "I told you that we were sick".

**DS:** A link to our band's website with the message, "Please check out our music".

**PO:** "Greatest hits collection now available!" or maybe a line from one of our songs, "We will always be right here!"

*Pairs* is now available on Take Two's official website, [www.taketwosg.com](http://www.taketwosg.com).

10

OUTDOOR

# WWE LIVE

Every pro-wrestler has a finishing move. Here are some to know before you catch WWE's only Southeast Asian "live" show in 2015.

**The move:** **Attitude Adjustment**

**The technique:** Previously known as "The F-U", this fairly weak move sees the wrestler hoisting his opponent onto his shoulder like a sack of rice, before dropping him sideways.

**Used by:** **John Cena**

**The move:** **Zig Zag**

**The technique:** From behind his opponent, the wrestler jumps up and locks his arm around the former's neck like a girlfriend scorned, before becoming dead weight and pulling his opponent down to the mat.

**Used by:** **Dolph Ziggler**

**The move:** **Bull Hammer**

**The technique:** Standing in a stationary position, the wrestler winds his arm continuously three times, then runs towards the opponent and elbows him in the face. Like a dirty tactic Joey Barton would use...

**Used by:** **Bad News Barrett**

**The move:** **Dirty Deeds**

**The technique:** The wrestler bends his opponent forward, hooks each arm behind the latter's head, then tucks the head under one of his arms, before falling back to pull the opponent down flat on his face. Ouch.

**Use by:** **Dean Ambrose**

**The move:** **Bella Buster**

**The technique:** The ultimate catfight move. The female wrestler kicks the opponent in the gut, then pulls the latter's hair with both hands and plunges her head down on the mat, while executing a spilt.

**Use by:** **The Bella Twins**



WWE Live happens 2 Jul at the Singapore Indoor Stadium. Tickets from [sportshubtix.sg](http://sportshubtix.sg).



SINGAPORE

# FHM UPGRADE

JULY 2015 \$6.00



FLIP FOR FHM

## MANLY MUST-KNOWS

9 AWESOME RECIPES

4 WEIGHTLIFTING  
MYTHS DEBUNKED

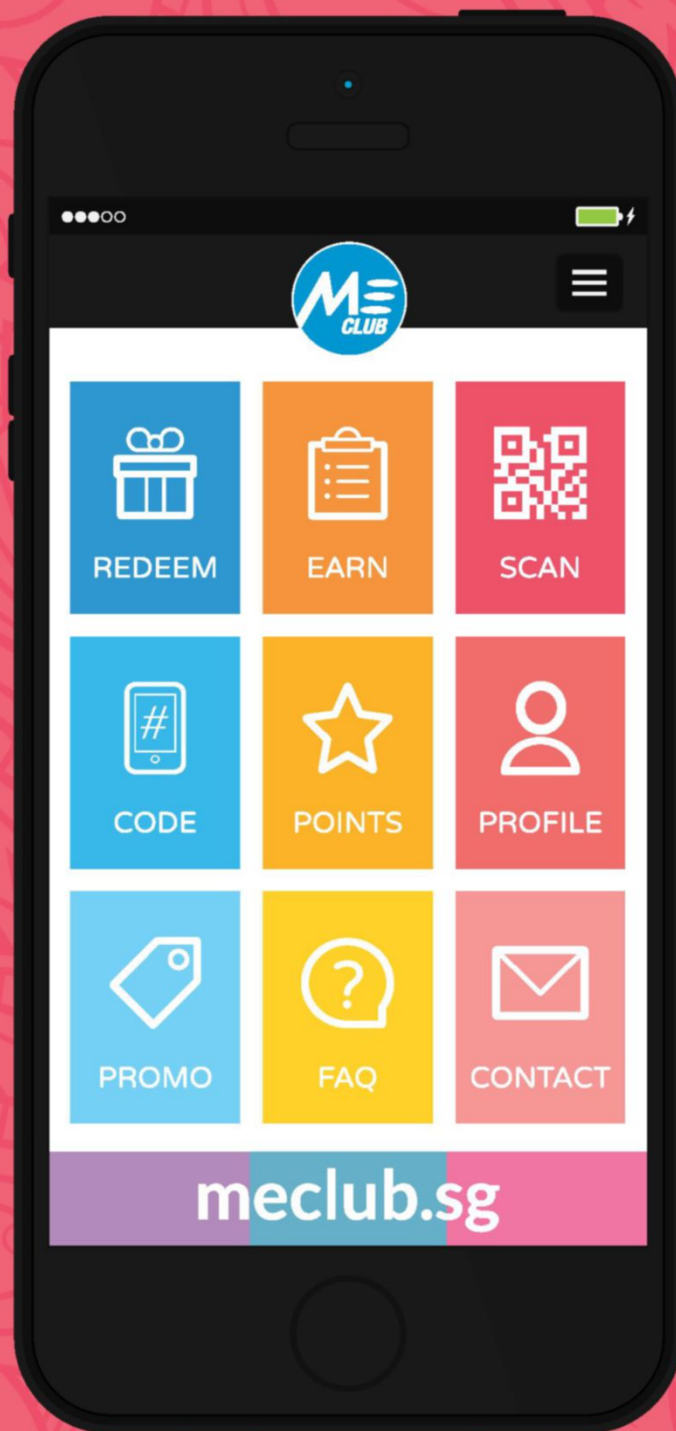
# NICK SCORPION

HOT-SHOT CHEF SHOWS YOU HOW TO COOK LIKE A MAN



# GET MORE WITH MECLUB

Exclusive Previews  
Concerts and Musicals  
Autographed Premiums  
and more rewards



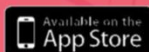
Earn points and  
redeem your  
favourite gifts

It's easy:

1. Download our mobile app
2. Look out for QR codes in our publications, or passcodes on our TV channels
3. Key in or scan codes to earn points
4. Follow us on Facebook and Twitter to find out when these codes will appear
5. Redeem your gifts from our catalogue



Scan to receive Star Points!  
Sign up at meclub.sg







# ENJOY YOUR FAVOURITE MAGAZINES ON THE MOVE!

Digital editions are available on both iOS and Android.  
To download, search for **MEDIACORP** or go to:

Magzter at <http://www.magzter.com/publishers/MediaCorp>





**VOL  
20**

SPECIAL COLLECTOR'S EDITION

**BIKINI & LINGERIE SPECIAL**

UNSUITABLE  
FOR THE  
YOUNG

**THE GIRLS OF  
FHM**

STUNNING WOMEN, VERY FEW WORDS

\$9.80



NO REVIEWS. NO FEATURES. NO STORIES.  
JUST **STUNNING WOMEN**, VERY FEW WORDS.

**GET YOUR COPY NOW!**



# UPGRADE CONTENTS

## 07/15

### PULSE

#### 05 NICK SCORPION

The Oxwell & Co chef shares his love for cooking, and shows us why every guy needs to rule the kitchen.

#### 14 MAN-FOOD RECIPES

Easy-to-cook and delicious chow from the man they call DJ BBQ.

### HEDONISM

#### 28 EAT & DRINK

The four hottest F&B outlets you should check out this month.

### WELLNESS

#### 29 WEIGHTLIFTING MYTHS

What you need to know about the sport of lifting barbells and other heavy weights.



This guy knows his stuff [p05](#)



Try this at home [p14](#)



Eat out once in a while [p28](#)





Work out right [p29](#)





LOG INTO YOUR  
SOCIAL-MEDIA  
ACCOUNTS AND CLICK  
“LIKE” OR “FOLLOW”!

FACEBOOK/FHMSINGAPORE 

@FHMSINGAPORE 

@FHMSINGAPORE 

Follow  
Singapore FHM  
on Facebook,  
Instagram and  
Twitter





# PULSE

FOOD – THE WAY TO EVERYONE'S HEART.

## NICK SCORPION

Foodie  
at Work

This young local chef shows *FHM* why passion is the most important ingredient.

HERE'S HOW TO  
PAMPER YOUR  
MEAT,

Words **Janine Lee** Art direction **Alvin Leow & Pyron Tan** Photography **Hong Chee Yan**



# THE OXWELL

CHEF

FORGET DAINTY MORSELS ON FANCY PLATES. THIS IS THE PLACE TO BE IF YOU WANT BEAUTIFULLY COOKED FISH AND CHIPS, OR A REALLY GOOD STEAK. YOU KNOW — HONEST, REAL FOOD. AND IT'S ALL BECAUSE OF THIS GUY...







# R

Remember the days when seafood wasn't reduced to flavoured foam, liquid nitrogen stayed in science labs and your dessert wasn't spherical? As advocates of real food, we relish the ethos at Oxwell & Co — where the vibe is laidback and the steaks resemble, well, steaks. Sure, fine dining and molecular

gastronomy have their place in the restaurant scene, but with the help of head chef Nick Scorpion's classic dishes, we're starting to appreciate the beauty in simplicity.

It wasn't always this way, though. A little over a year ago, the young chef left a highly equipped kitchen to helm a less fancier one ("No ice-cream mixer or rotary evaporator?"), and consequentially discovered that passion, knowledge and clear direction trump all when it comes to cooking. "It puts you back in a very humble position where you create a menu around what you have," says Scorpion, who spent more than half his career training under the meticulous chef Ryan Clift of Tippling Club. But he welcomes the challenge. From rejecting a spot at Le Cordon Bleu in Paris, to doing time in detention barracks for going Awol for 26 days during NS — just

to go to work in the kitchen — Scorpion has a track record of taking unorthodox paths and tackling difficulty head on. With that kind of mettle, we're certain he's bound for great things.

**Your first head chef told you to ditch cooking school in favour of experience, what happened next?**

I left that kitchen to work with Janice Wong at 2am Dessert Bar for a year. That's where I met Ryan Clift — one of my biggest mentors — and helped him open Tippling Club. I stayed with him for about six years and he was graceful enough to send me overseas to train. I've worked in New York, Barcelona, Paris, Italy and Melbourne. I took the advice from my first chef and put myself in difficult situations on all corners of the globe. There are so many things school can't teach you in terms of emoting — it's not just about technicalities in the kitchen, there's a lot of things people don't quite see that makes your food.

**No regrets rejecting the acceptance letter from Le Cordon Bleu?**

None at all; that was probably the best decision I've ever made. If I'd chosen to go, I might have ended up in a hotel somewhere cooking a thousand muffins daily for the breakfast buffet or something. I'm really happy where I am right now.

**How does it feel to be the one calling the shots?**

It was uncomfortable initially. Sometimes, it puts you in a position where you don't look like a very nice person. The challenge is finding that happy medium

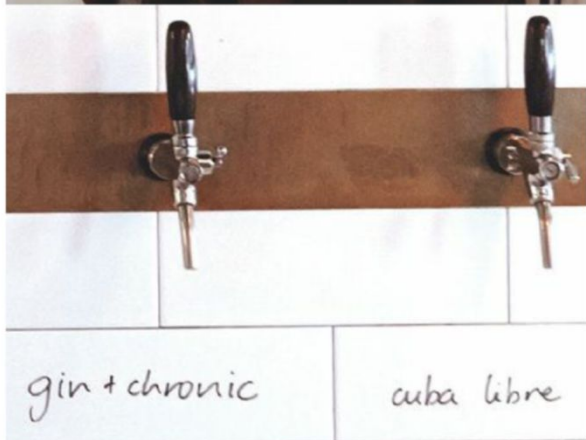






**“IF YOU’RE GIVEN A PIECE OF LUNCHEON MEAT, FISH BALLS AND  
LEFTOVER *WANTON* NOODLE, AND YOU MAKE A GREAT DISH WITH THAT  
— THAT’S FULFILLING BECAUSE IT’S 100% YOU.”**





**TIP #1**

**FOLLOW RECIPES BUT JUST LOOK AT THE INGREDIENTS, NOT THE QUANTITIES — BECAUSE IF IT'S BLACK PEPPER AND YOU LIKE THINGS PEPPERY, JUST PUT MORE.**

to delegate and decide on things; also taking into account the emotions of the people around you who are receiving your orders.

**Are you starting to see why your mentors were hard on you?**

Gone are the days where chefs are shouting at people, demanding things or verbally, mentally and physically abusing someone. I'm trying to change that culture as I move along. I've worked in kitchens that are run by fear and others that are run by respect. That's the sort of culture I'd like to implement and hopefully pass on to the new generation of chefs.

**Is the kitchen environment as crazy as we see on TV?**

It's hot and humid, there are orders coming in non-stop, and you also have a head chef yelling at you

constantly. If you're not focused or calm, you'll just lose it. This happens to a lot of young chefs. Those who manage to go through that come out as super-strong people — skin thick as a rhino, focused and mentally strong.

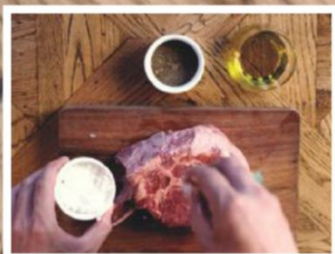
**Where does Singapore stand in the global food scene?**

We're behind everywhere else, and work culture plays a very big role in that. People in Europe actually want to cook and put their whole lives in it. New York is just really professional; people there take their jobs seriously so there's that standard. Australia has the most passionate young chefs who are super creative and work super hard. Then there's Singapore where people are asking questions like, "When's my off day?",



HOW  
TO

# GRILL A STEAK



## 01 SEASON

Rub your meat generously with olive oil, shower it with loads of flaky sea salt and cracked black pepper on both sides evenly.



## 02 GRILL

Let excess olive oil drip into the grill causing flames to rise and char the meat. We are grilling 600g of bone steak so two minutes each side on the grill, and two minutes each side in a 250-degree-Celsius oven.



## 03 REST & CARVE

Rest your meat equal to the time spent in the oven to retain the juices during carving. Carving should be done with a very sharp knife for water retention. Carving into thick slices is better as it preserves temperature.







EAT YOUR VEG  
LIKE A MAN.

HOW  
TO

## PRESSURE COOK ROOT VEGETABLES



### 01 SMOKING HOT POT

Get your pot with olive oil inside smoking hot. With caution, place your root vegetables in. Sauté them for 10 seconds on high heat.



### 02 PRESSURE COOK

After sautéing, add just enough water to cover the vegetables and immediately lid it with a same-sized pot or lid. Leave the steaming spectacle to go on for 20 to 30 seconds.



### 03 ICE BATH

Dunk the contents of the pot into a freezing ice bath to stop the cooking process. "Shocking" the vegetables also gives them extremely vibrant colours.





“Is my break an hour or 45 minutes?” or “Can I not come to work tomorrow?” There’s a lot of that going on in my experience. That’s why the scene can’t move forward.

**How do you handle bad reviews?**

Everything with a pinch of salt. I’d continue doing what I do, constantly asking for a second opinion from the people around me. If you consistently have good service and food, don’t think about accolades and reviews, and you’re seeing smiling faces around the dining room, that’s all that matters. Organically, accolades will follow. If the

restaurant is full three nights in a row, I know I’m doing something right.

**Can a good cook make an epic meal out of simple, everyday ingredients?**

If you’re given a piece of luncheon meat, fish balls and leftover *wanton* noodle, and you make a great dish with that — that’s way more fulfilling than using fancy ingredients because it’s 100 per cent you. That’s what I believe in.

**What do you think is the next big food trend here?**

Small establishments with individual chefs putting their names on the line. Like Oxwell getting a young chef to helm and do

**TIP #2**  
**HAVE A REALLY SHARP KNIFE, A THICK-BASED PAN AND A STOCKPOT. BECAUSE YOU ALWAYS NEED TO MAKE BROTHS, SEAR SOMETHING REALLY HOT IN A PAN, AND DO SOME KNIFE WORK.**

whatever he wants to do — people should be paying attention to concepts like that instead of going to Marina Bay Sands and eating at brand name restaurants.

**Are diners stepping away from fancy dining?**

People want something simple but well done, like a beautifully grilled piece of leek or a nicely shucked oyster. That’s what we’re trying to do at Oxwell, and I’m happy that being here has brought me back to just serving good, honest food.

**What ingredients do you always have in your home fridge?**

If I wanted to cook, I’d plan — it’s a very chef thing. I’d get the appropriate quantity of ingredients, cook it and the fridge would be empty after that. I spend 18 hours a day, six days a week at work; I can’t be at home to check if the stuff in my fridge is going bad.

**What are you most proud of in your career?**

What this career has carved me to become as a person. Not where I am in terms of position or skill, but who it’s made me today. And it’s all because of food, the people around me and the industry. I’m positive it’s going to make me an even better person in 10 years to come. **FHM**





---

THE NO-MESSING

# FRYING-PAN PIZZA

---

Take Pizza Hut off speed dial; here's a new path to instant cheesy gratification.

**DJ BBQ SAYS...**

"If I had my way, I'd wear pizza like a warming poncho. I'd bathe in its molten cheesiness. I'd introduce its name into the English vocabulary to mean 'rad, awesome, brilliant' and use it in everyday conversation. 'Hey, DJ BBQ, how was your weekend?' 'Man, it was f\*\*king pizza! The weather was pizza!' I'm an inch away from shedding a tiny tear as I write this, thinking about a pizza-less world.

"Luckily, that can never happen. With this recipe, pizza is always right around the corner with this assemble-on-the-hob circle of radonkulousness. Okay, so you've gotta plan ahead a bit to get the fresh dough ready, but that's the hard part. After that, you're seconds from greatness on a plate. These are my favourite toppings, but you know the score: Do what the hell you wanna do.



## THE RECIPE

### Preparation time

Overnight for the dough, 15 mins cooking.

### Ingredients

#### For the Dough

450g room-temperature water  
1 sachet of fast-action yeast  
500g plain flour  
200g strong  
White flour  
2tsp fine sea salt  
2tbsp honey  
Olive oil  
100g semolina  
(to scatter in pan)

#### For the Sauce Base

1 chopped onion  
Salt  
1 crushed  
garlic clove  
1 tin of passata or  
chopped tomatoes  
1 tsp of dried oregano  
Freshly chopped basil  
Pepper  
A heavy-based frying  
pan/skillet  
for the toppings

Grated mozzarella  
1 crushed  
garlic clove  
Olives  
A handful of sliced  
mushrooms  
1 chopped onion  
Sliced pepperoni



## 01

Mix the dough ingredients in a bowl, turn it out onto a floured surface and knead until smooth. Place in a bowl, cover with a damp tea towel and allow to rise until it doubles in size.



## 02

Now you need to "knock it back" by folding it in on itself repeatedly. There's enough

dough here for stacks of pizzas, so divide into palm-sized balls and allow it to prove again.



## 03

For the tomato sauce, fry the onion in oil for a couple of minutes, but do not brown. Add the salt and garlic for a minute, then the tomatoes, oregano, basil and pepper for 10 minutes. Now, whack on the grill.



## 04

Use your hands or a rolling pin to mould your dough into a round. Sprinkle semolina on the base of the medium heat pan, then place in your dough. Add a spoon of tomato sauce and your toppings until the base is golden. Grill until cooked through.







# MOTHER CLUCKIN' CHICKEN 101

## DJ BBQ SAYS:

"Chicken is the meat king. It's royal. Nothing else takes on flavour like our little winged buddies. It absolutely loves herbs, sauces and sugar, so chicken should be a canvas to throw whatever the hell you want at, y'know? A delicious, and cheap, canvas you can cut into eight pieces and chew right through.

"The best chicken recipes come from just messing around with it. I used to live on a golf course in the States, and always had my bros around for fajitas. I'd make a spicy rub, throw it into a bag with meat strips, and then add a can

of beer. It was a f\*\*kin' revelation, my friend. A revelation that changed my world, and will do the same to yours. What the beer does is keep it mega moist. So say you're too busy talking to a chick and forget about your barbecue for a few minutes, having soaked your chicken the night before buys you back around 10 minutes of overtime, goof-proofing your meat. It makes grilling even more chilled, and that's what barbecue should be all about. That, and the meat, beer, fire and tunes. Once you got that nailed, the chicks will come flocking."

## THE RECIPE

**Preparation time** 20 mins  
(plus three hours marinading)

### Ingredients

1 large free-range chicken  
Hot sauce  
Olive oil  
Barbecue sauce  
1 delicious beer  
1 red chilli  
3 cloves of garlic  
Salt and pepper



A SUPER FLAVOURSOME ALE,  
LIKE THIS ONE IS PERFECT  
FOR BREASTS.

# 01

Firstly, butcher your own chicken. Cut through the skin that attaches the thigh to the body. Pull the thigh back until the joint cracks, and cut around this area to keep as much meat on the piece as possible. A smack on the back of your knife will separate the thigh and leg. "A monster meat cleaver will make this a bit easier," says DJ BBQ, "but the biggest knife you own will handle it."

The wing is easier; pull back the joint closest to the body, and cut around it. For the breasts, feel for the breastbone, cut tight up against it on either side, under the meat, and out.



# 02

Time to prepare your flavours. "You've gotta do hot wings, 'cos nothing else will do!" says DJ BBQ. Find your favourite hot sauce and add a glug or two to some olive oil and your wings. Now your legs and thighs need BBQ sauce. "Shop- bought stuff is totally fine here," he advises, "but don't add it to your meat just yet." Finally, treat your breasts with love. Empty a delicious beer into a bowl, with one chopped chilli (seeds in or out), three sliced garlic cloves and seasoning. Add breasts and cover to marinade for a minimum of three hours.



# 03

Add the lot to your medium-to-high grill until the juices run clear. Put the breasts on the hottest part of the BBQ and cook for six minutes per side. Wings need six to eight minutes per side on medium heat, and your legs and

thighs go on for eight to 10 minutes per side over the same heat. "These suckers need your full attention," DJ BBQ says. "Slather on the barbecue sauce during cooking as the sugar burns off."








---

THE BLOW OUT PHILLY

# CHEESESTEAK SANDWICH

---

Give the vegan diet the finger with the biggest, fattest, greatest sandwich on God's green Earth...

## DJ BBQ SAYS...

"Diets are for suckers. Gyms are boring, diets are boring, not having fun is boring. Man, life's too damn short not to indulge in the radness food has to offer every now and again. You've got to enjoy your time on this planet, and I never once met a happy guy that ate celery sticks (unless they were on the side of a mountain of Buffalo wings). What I'm saying is, eat great food, do great things, feel frickin' happy. Just walk somewhere, man! Learn to surf! Have sex! Go for a skate! And eat this ridiculous beast of a sandwich every now and again!

"The Philly Cheesesteak trends, bro. Whenever I do it in my videos

or get it up on my Instagram, the thing goes crazy and my Internet starts to fry. Why? Because it's the greatest sandwich ever. In its hometown of Philadelphia, US, you'll get it with green peppers, onions, and real cheap-ass cheese spread and slices. But because we can, we've kind of pimped it out with better ingredients and flavours. Screw it, there are no rules to this. It's one messy hunk of rad, so throw what the hell you want in there. This is my version, but if you change it up, I'm not gonna come and shout at you. Just as long as you're not eating celery."



## THE RECIPE

### Preparation time

15 mins

### Ingredients

Onions  
Peppers  
Mushrooms  
Salt and pepper  
Skirt steak  
Four types of cheese  
(your choice)  
A huge baguette/sub roll/  
loaf of bread  
Chopped tomatoes  
Hot sauce  
Full-fat mayonnaise  
Chopped iceberg lettuce



## 01

Chop your onions, peppers, mushrooms and add them to a medium-hot pan to soften. Season them up with pinches of salt and pepper.



## 02

Oil and season your raw steak, then flash fry it in a screaming hot pan. When cooked, slice thinly, cutting against the grain. "Always cook your meat whole then cut it — you'll get a way juicier mouthful," says DJ BBQ.



## 03

Lay a pile of your cooked veg mix across a frying pan, then add slices of steak and cheese until melted. Slice the bread, place it over the mix, scoop it in and add the tomatoes and lettuce.



PHOTOGRAPHY: JAMES BYRNE





---

## THE ULTIMATE GOLIATH BURGER

---

Thought you'd found the world's greatest meat stack? Think again...

**DJ BBQ SAYS...**

"It came to me in a dream: the recipe for the most radonkulous burger any mortal has ever tasted. Platters of chicken wings, t-bone steaks and pico de gallo salsa were flashing through my mind when, all of a sudden, the ultimate goliath burger shone down on me from the clouds, and floated onto my dinner plate. The beast had a halo, for Christ's sake. What I saw made my stomach

high-five itself: a cheesy double patty, topped with mushrooms, shredded lettuce and, most importantly, a burger sauce so secret that I think the Gods of Rad may kick my butt for telling y'all. But screw it – here it is, in all its heavenly glory. Enjoy, and don't forget to Instagram it using #FHMManFood so I can see what you're chowing down on."





## THE RECIPE

### Preparation time

25 mins

### Ingredients

Bone marrow (available from local butchers, left to soak overnight)  
Minced chuck steak beef  
1 diced red onion  
1 tsp mustard powder  
Cracked black pepper  
Sea salt  
Bacon  
Sriracha hot sauce  
Mayonnaise  
1 diced tomato  
Chilli powder  
Mushrooms  
Garlic cloves  
Rosemary  
Sliced cheese  
Brioche buns/  
burger rolls  
A handful of sliced  
shredded iceberg lettuce

## 01

Spoon the marrow out of the bone and chop it up. "You need a thumb nail-sized amount," says DJ BBQ. Add to a large bowl with your mince and mustard powder, and gently combine the lot. Delicately form two burgers (don't squash them down). Season well.



## 02

Now for the secret sauce. Fry off your bacon until crispy. Combine the Sriracha and mayo in a bowl, then add the bacon, tomato and a pinch of chilli powder. Now fry up the onion and mushrooms in oil, garlic and rosemary until the edges start to caramelise. Set aside.



PLACING A LARGE METAL BOWL OR CLOCHE ON TOP OF THE BURGER WILL HELP COOK IT EVENLY

## 03

Stick your patties onto a hot pan for 10 minutes, turning halfway through. Two minutes before they're ready, melt the sliced cheese on the top. "Now, stack them!" says DJ BBQ. Start with a dollop of burger sauce, then add both patties, mushrooms, lettuce and more sauce. Close up, and get your jaws around it.





---

S U P E R - S L O P P Y

# CHILLI CHEESE DAWGS

---

Get these meaty game-changers down your pipe tonight.

**DJ BBQ SAYS...**

"Real men cook chilli. I feel kind of dumb even having to say it, but creating a big, bubbling pot of meaty radness to feed a ravenous crowd is a skill that sorts the kids from the bros, the pretenders from the pros, and the girl pants from the big dogs. When I worked at a 24-hour diner up a mountain in Colorado, we had five different types of chilli going on

at any time — red veggie, red meat, green pork, green veggie and black bean. That set me up to perfect my own recipe, which I'm passing on to you. Every chef has his secret ingredients, and mine is a fat slug of all-American bourbon. Oh, and a massive sausage to throw it on. Chilli dogs rule supreme, and it isn't going to get any radder than this."





## THE RECIPE

### Preparation time

20 mins

### Ingredients

Good-quality frankfurter/  
kielbasa sausages  
White hot-dog buns  
Cheddar cheese  
1kg beef mince  
2 onions, chopped  
Olive oil  
4 garlic cloves, chopped  
2 red chillies, sliced  
Coriander stalks, chopped  
2 tsp of chilli powder  
1 tbs cumin  
1 tsp smoked paprika  
2 cinnamon sticks  
A shot of bourbon  
2 cans of chopped  
tomatoes  
1 tbs of tomato puree  
100g dark chocolate  
2 cans of kidney beans  
Freshly ground black  
pepper  
Sea salt

## 01

Get a big pan on a medium heat. Fry the onions in olive oil until soft. Add the garlic, coriander and chillies, and then the spices. "Cook for two minutes, then add the mince on a high heat to caramelise it," says DJ BBQ.



## 02

Add a shot of bourbon. "Take one for yourself, too," advises DJ BBQ. Add your chopped tomatoes and puree, and dark chocolate, then stir in. Fill your empty tomato cans with water and add to the mix. Whack in some salt and pepper, stir, cover and leave to get tasty. Stir every 20 minutes for at least an hour.

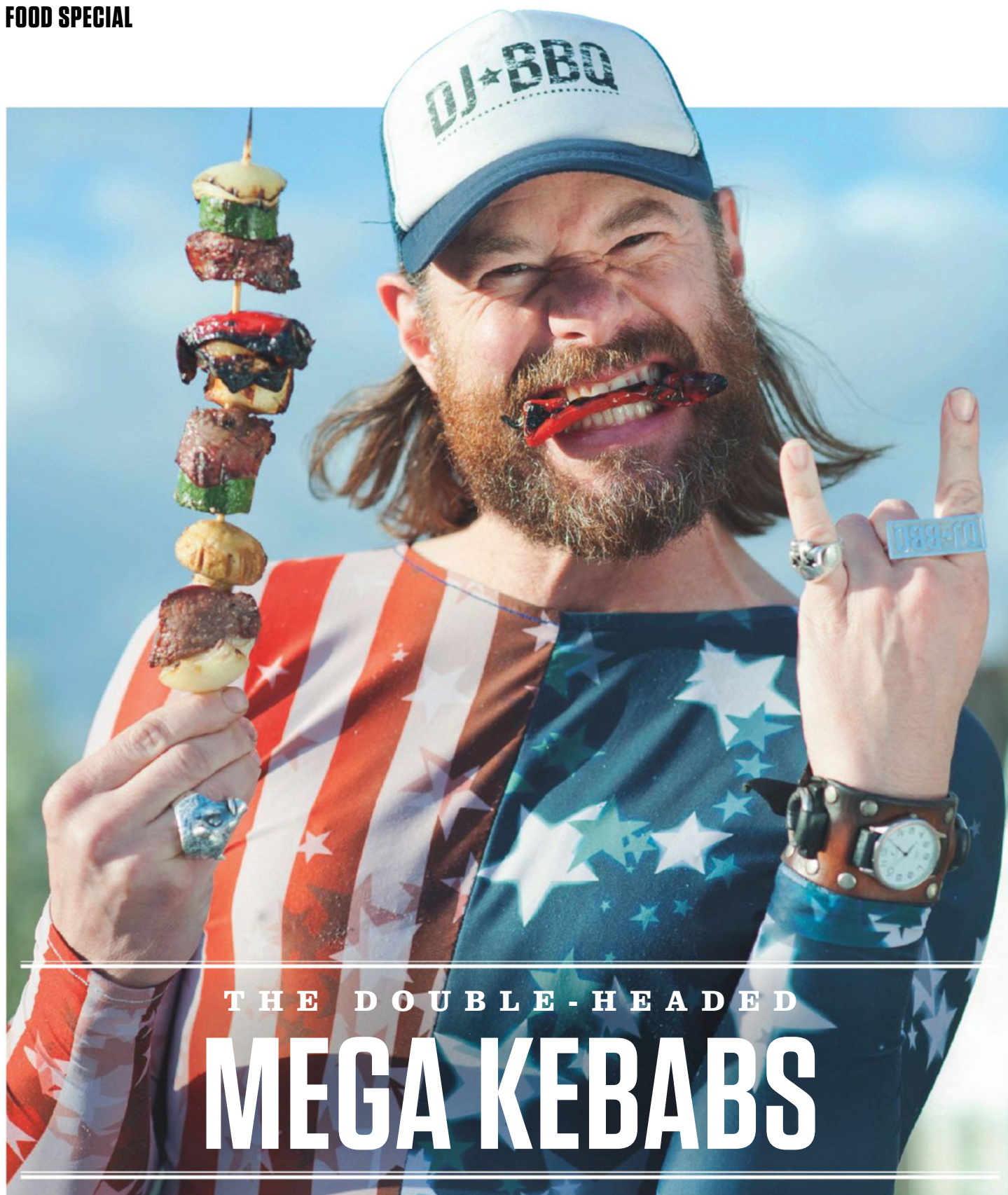


HAVE YOU  
EVER SEEN  
SUCH BADASS  
HOT DOGS?

## 03

Twenty minutes before you're done, add your kidney beans. Five minutes before chow time, grate your cheese and add your sausages to a medium pan to cook. "I always use cured sausages — they rock my world," says DJ BBQ. Place your dog in a white bun, dollop on your chilli, sprinkle on cheese and create one massive delicious mess.





## THE DOUBLE-HEADED MEGA KEBABS

Load up a stack of wooden skewers with these stellar ingredients and get your grill on...

### DJ BBQ SAYS...

"Kebabs boss the grill: They're simple, you get to play with your food and you cannot screw them up. Meat, onions, peppers — these are your basics. You always want those three basics on your sticks. After that, no rules, dude! Go all out and make some rad sticks, or just clear out the fridge of leftovers. Mushrooms rock. Throw on half a corn. Stick some fruit on there. Put a chilli on the end. Throw sesame seeds all over them. Hell, go nutjob bonkers and top them off with a

marshmallow. Listen up: If you let your mallow go black, game over, that's a barbecue cardinal sin. Tend to those mallows like they're your own trouser jewels.

"I've had some hella cool *kebabs*, but Turkish guys reign supreme. They know the importance of cooking over hot coals, and will sit there all day making sure their sticks of meat and veg are perfect. Respect to the Turkish, dude. They're my kind of humans."





## THE RECIPE

**Preparation time** 25 mins

### FOR THE LAMB

Diced lamb  
One aubergine  
Cherry tomatoes  
Chestnut mushrooms  
Corn on the cobs

### FOR THE BEEF

Diced beef steak (use meat from the leg, neck or rump)  
Halloumi  
Red chillies  
Cherry tomatoes  
Button mushrooms  
Trio of peppers  
Courgettes  
Onions

### HERBS

Sage  
Rosemary  
Thyme

## 01

Soak your *kebab* sticks in water for an hour or so before prepping your meat and veg. This will stop them burning. Then, reach for your best knife and get chopping. "Keep everything chunky," DJ BBQ says. "Men should eat big, not dainty."



## 02

Start and end each skewer with a big hunk of onion. "This is a pro tip for holding the lot in place," our grill master says. "If a piece starts to fall apart when you put it on, slam another bit of onion on there to hug it back into place." Arrange the other ingredients in any way you want, depending on what the hell you fancy on the day.



## 03

Your *kebabs* should be full now, so oil them up. Chop up fresh rosemary and sage and add to the lamb kebabs. Add freshly cracked pepper and sea salt, too. Tear your thyme up and throw onto the beef with salt and pepper. Add to a medium-to-hot grill for around 15 mins, turning regularly. Consume, and feel like a hero.





---

## TURBO PARTY

# FISH TACOS

---

Fill your face with the best rave fuel known to man...

**DJ BBQ SAYS...**

"This is my pre-party food of choice. They taste incredible with an icy beer and won't throw a meat coma at you. Meat's ace, but it takes a lot of blood to be pumped around the stomach to help digest it, knacker you out. With fish tacos, that blood can be used elsewhere in your body, for raving, boozing, chatting to chicks or

naked dive-bombing into a pool with your hair on fire. A perfect taco needs a non-oily, firm fish at its heart: One that'll hold the rub hard and only let it go when you're chewing. Some places bread them, but bread slows you down, and you can't be slowing down when you're dive-bombing, bro."



FOR DJ BBQ'S RAPID GUAC, CHUNKILY CHOP PLUM TOMATOES, AVOCADOS, RED CHILLIES AND CORIANDER, SQUIRT OVER FRESH LIME AND SEASON



## THE RECIPE

**Preparation time**  
25 mins

### Ingredients

Tbsp garlic granules  
Tbsp sea salt  
Tsp ground cumin  
Tsp cayenne pepper  
½ tsp chilli powder  
Tbsp brown sugar  
Tsp thyme  
Tsp oregano  
Tilapia fillets (or any other firm white fish)  
Flour or corn tortillas  
Mango  
Red onion  
Lime  
Cucumber  
Coriander

## 01

First, add your fish to a tray of cold water and set aside, then start with your salsa. You're working to these ratios: Three-fifths mango to one-fifth onion to one-fifth cucumber. Chop those three up finely, remembering to remove the skin of the cucumber first. Add to a bowl, juice a whole lime into it and chop coriander over the top. "Use the coriander stalks, too," DJ BBQ suggests. "There's tonnes of flavour there." Add salt and pepper to taste.



## 02

Next up, add all the herbs and dry ingredients to a bowl and mix. Take your fish (the soak helps ingredients stick to it) and pat it dry. Now sprinkle the rub on to your fish and pat down.



## 03

Into an oiled, medium-high-heat pan, add the fish. "Fish is the ultimate fast food, and will only take two mins each side," says DJ BBQ. Then put to one side and re-oil your pan, adding the tortillas for 15 secs a side until they bubble up. Take a wrap in hand, add a hunk of fish, a squirt of lime, salsa, guacamole and freshly chopped coriander for an epic taste bomb, so fresh and clean.





# SUMMER TREATS

Hit up some hot meats and cool drinks this month.



## 2IT&DRINK

This new Italian joint makes their pasta in-house, so you know you're in for something special. It's hard to pick a winner when all the pasta dishes are so good, but the Linguine Vongole and Tagliatelle Alla Bolognese are sure to please even the pickiest pasta aficionados. Also, do yourself a favour and get the life changing Tiramisu Nocciola (hazelnuts) for dessert — the creamy, nutty concoction has tainted regular Tiramisu for us forever more.

Opens Mon to Fri, noon to 2pm, 6pm to 10pm;  
Sat to Sun, noon to 3pm, 5.30pm to 10pm.  
#01-01 Valley Point, 491 River Valley Road.  
Tel: 6737-3001, [www.2itandrink.com](http://www.2itandrink.com)



## LONGPLAY

Named after a phonograph record, LongPlay is a hip bar that plays exclusively vinyl records from the '50s to the '70s'. Indulge in some old-world charm by ordering a Fred Ast'air'e, made with apricot liqueur, Riesling and gin. Just a gentle reminder, though, the tunes might be free, but the drinks are not.

Opens Tue to Thu, 6pm to 12 am;  
Fri, Sat and PH, 6am to 1am;  
Sun, 4pm to 12am. 4 Haji Lane,  
Tel: 6291-3323, [www.longplay.sg](http://www.longplay.sg).



## FYR

In tribute to the days of yore when men were manly and meat was roasted in glorious hunks over a roaring fire, this modern European restaurant whips up all its dishes in a Jospir Charcoal Oven (grill and oven combo in a single machine). This imparts a smoky flavour and wonderful char onto their food, be it ribeye steak, lobster or baked bone marrow.

Opens Mon to Fri, 11am to 11pm;  
Sat, 9am to 11pm; Sun, 9am to 4pm.  
19 Boon Tat Street, Tel: 6221-3703.



## WILDFIRE KITCHEN + BAR

Tucked away in a quiet corner of Evans Road, Wildfire Kitchen + Bar is a self-serve restaurant that offers quality burgers and steaks. With a variety of different meat patties on offer, you've never tasted meat between two buns like this before. We recommend the premium dry-aged Angus burger that's topped off with a signature (secret) sauce.

Opens Mon to Sun, 11am to 10.30pm. 26 Evans Road,  
Tel: 6734 -2080,  
[www.wildfire.com.sg](http://www.wildfire.com.sg).





## ENERGY BOOST

Put the bounce back in your step with Kinohimitsu Maca Men.

Ever felt listless at work or sluggish throughout the day despite getting a good night's sleep? We've all been there. But instead of chugging another cup (or two) of coffee, you might want to consider an energy drink that's actually good for you. Here are three reasons to get your hands on the **Kinohimitsu Maca Men** drink.

### Natural Ingredients

The refreshing caffeine-free drink contains 500mg of Maca extract, clam extract and taurine to support vitality and increase stamina and endurance. The lack of addictive chemicals also prevents you from developing a dependency on the drink.

### Multiple Benefits

Aside from providing energy, the drink also relieves stress, enhances exercise performance, improves muscle mass and triggers the production of testosterone, improving sperm quality. That's a whole lot of bang for your bottle.

### Convenience

Maca Men comes in individually packed, single-serving bottles – fuss-free and ready for consumption. Pop one a day before a meal to promote overall wellbeing (and possibly turn into Superman).

Kinohimitsu Maca Men Drink is available at leading pharmacies, supermarkets and department stores. \$86.90 for 20 bottles.



## 4 WEIGHTLIFTING MYTHS

There is a common misconception that lifting weights makes one big and bulky. National record holder for Olympic weightlifting and Elite 2015 head judge, Lewis Chua, sets the record straight.

### 01 Lifting weights makes you shorter

Lifting weights is wrongly perceived to damage growth plates and stunt growth. That's an overstatement; there's no scientific proof that there is absolute risk of stunting growth through normal weightlifting practices. In fact, lifting weights helps to strengthen bones and improve bone density.

### 02 Lifting weights is very dangerous

Lifting weights is as dangerous as you perceive it to be. It is, therefore, very important to get the right coach and proper guidance so that you do not pick up any bad habits and only learn the correct techniques.

### 03 Lifting weights means eating 40 eggs a day

It's true you need to keep your protein up to maintain and build large muscle mass, plus support muscle repair. However, athletes need not take more than twice the daily recommended intake of protein for less active people. Calculate your required protein intake via macronutrient percentage or by body weight.

### 04 Lifting weights causes you to get "rhabdo"

Rhabdomyolysis is a condition that results in death of muscle cells from overwhelming stress on the body. You can get this condition from any form of exercise at highly extreme levels, not just weightlifting.

The second round of Elite 2015 ([www.elitesgfittest.com](http://www.elitesgfittest.com)), an inaugural sports series to find the fittest in Singapore, is focused on pure strength. Participants test their limits in powerlifting and Olympic weightlifting. Series-registered athletes will only be scored on powerlifting, but anyone is welcome to join both competitions.

